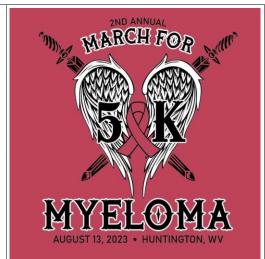


Multiple myeloma is a cancer of plasma cells that are found within the bone marrow. When these cells become cancerous, it can cause issues with the immune system response to infections and can even lead to bone lesions, among many other complications.



## 5K Run/Walk

August 13, 2023 Sunday 2pm

Ritter Park Huntington, WV

## All proceeds will go to the International Myeloma Foundation!

- 8am On-Site Registration
  - \$25 pre-registered before August13th
  - \$30 Day of Race
- Extra soft race shirts guaranteed to all registrants
  No dogs allowed

Trophies to first three overall male and female finishers.

Awards to first three finishers in each male and female age group.

No duplication of awards

Age Groups: 9 and under 10-14 15-19 20-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80+

Run in support of helping to save pain, suffering and possibly death from this little publicized affliction!

> Sandwiches catered by Ghostly Gourmet after the race!



Course: Flat and fast.
Starts at the center shelter and runs thru and around the park.
Three loops.
The park is the pride of Huntington!
Chip timed!

Please mail registration and check payable to: O Such Race Planners Memo: March For Myeloma 5K March For Myeloma 5K c/o Alan Osuch 5024 Williams Avenue Ashland, KY 41101

## March For Myeloma 5K

Name:	A0	dress:				
<b>Email:</b>						
Phone:		Gender:	$\mathbf{M}$	$\mathbf{F}$	Age on race day:	
Shirt Size	(2X, 3X, 4X add \$3.0	0) Don	atior	1	Amount Enclosed \$	
WAIVER: I know that re	inning a road race is a potent	ally hazardo	ous act	vity and I s	hould not enter a run unless I am medica	lly ablo
and properly trained. I a	gree to abide by any decision	of a race of	ficial r	lative to m	y ability to safely complete the run. I assu	me all
risks associated with run	ning in this event, including b	ut not limite	d to, fa	lls, contact	with other participants, the effects of wea	ıther
(including high heat or h	umidity), traffic and the cond	itions of the	road, a	ll such risk	s being known and appreciated by me. H	aving
read this waiver, I release	e the City of Huntington, O S	ich Tri-State	Race	Planners, ra	ace officials. volunteers and all sponsors f	om all
claims to liabilities arisin	g out of my participation in t	nis event.			_	
Signature:		Date:				
Paren	/Guardian (For mi	or):				