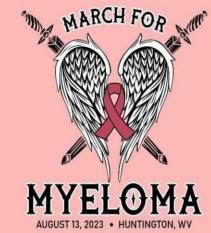


Multiple myeloma is a cancer of plasma cells that are found within the bone marrow. When these cells become cancerous, it can cause issues with the immune system response to infections and can even lead to bone lesions, among many other complications.



## 5K Run/Walk

August 13, 2023 Sunday 2pm

**Ritter Park Huntington, WV** 

Register online at: TriStateRacer.com/2ndMarch ForMyeloma5K

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

1pm On-Site Registration
\$25 pre-registered before August13th
\$30 Day of Race *Extra soft race shirts* guaranteed to all registrants

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!



RACE PLANNERS Race Director: Alan Osuch OsuchRacePlanner@aol.com or 606-369-4403 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 <u>check payable to:</u> 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:	Address:	
Email:		
Phone:	Gender: M F	Age on race day:
Shirt Size (2X, 3X	(, 4X add \$3.00) Donation	Amount Enclosed \$
WAIVER: I know that running a road race is a potentially hazardous activity and I should not enter a run unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event, including but not limited to, falls, contact with other participants, the effects of weather		
	raffic and the conditions of the road, all such ris	
, <b>.</b>	<b>e</b> ,	cace officials. volunteers and all sponsors from all
claims to liabilities arising out of m		
Signature:		Date:

Parent/Guardian (For minor): \_\_\_\_\_