

7th Annual Race to Beat Breast Cancer 5k and 10k Walk/Run
SPONSORED BY
HARRISONBURG PARKS AND RECREATION

A special 5k and 10k walk/run fundraiser will be held on Saturday, October 24, 2009 at the Cecil F. Gilkerson Community Activities Center. The event will start at 9 a.m. Our goal is to raise money for the Rockingham Memorial Hospital Cancer Center. All revenue will go towards this specific department.

This event is open to any and everyone interested in giving back to the community. Refreshments will be provided, for participants only, at the site before, during and after the event. T-shirts will also be given out to the first 400 registered participants. The course is set for a **500 participant field limit**.

Before the Walk / Run

- As a participant, you are a very important contributor to the goal of this event.
- Obtain as many sponsors as possible. A sponsor is a relative, neighbor, friend, or an acquaintance who will give you a donation for this great charity.
- Collect the donations from your sponsors before the event and place them in an envelope. Checks should be made payable to Rockingham Memorial Hospital and specify Breast Cancer Treatment in the memo section.

Day of the Walk / Run

- Bring your envelope with you and give it to Erik Dart or Tim Moubray.
- Various raffle prizes will be awarded after the event.
- Thank you in advance for your hard work and dedication.

Harrisonburg Parks and Recreation thanks you for your support of this event.