

**Pancreatic Cancer Action Network**  
**- Working Together for a Cure -**



**Movin' & Groovin' for PanCAN**  
**5 K Run & 2 Mile Walk**  
**Saturday, August 23, 2008**  
**8:00 a.m. - Dorey Park - Richmond, VA**

On-site Registration & Race Packet Pick Up ..... 7-8 a.m.  
 Kids' Fun Run ..... 8 a.m.  
 5K Run/2 Mile Walk ..... 8:15 a.m.

**Juggling with Jonathan Austin - Balloon Fun with Miss Sheri the Clown**  
**Live Music by Susan Greenbaum - DJ by Luke Gipson**

**Entry Form: One per participant**

Please check one:  5K Run  2 Mile Walk  Kids Fun Run:12 & Under  
 Virtual Walker/Runner (T-shirt included)  Volunteer

Name: (First) \_\_\_\_\_ (MI) \_\_\_\_\_ (Last) \_\_\_\_\_  
 Street Address: \_\_\_\_\_  
 City/State/Zip: \_\_\_\_\_  
 Age on Race Day: \_\_\_\_\_ Sex: \_\_\_\_\_ Phone: \_\_\_\_\_  
 E-mail: \_\_\_\_\_  
 Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

I know that running/walking a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run/walk. I assume all risks associated with running/walking in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Tri-Cities Road Runners Club, the County of Henrico, PanCAN and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant full permission for organizers to use photographs and/or video of myself and all listed dependents, and/or quotations of myself and all listed dependents, for legitimate accounts of this event and promotion of PanCAN. This is a road race conducted under the rules of USATF. In consideration of the safety of all participants, **NO baby joggers, baby strollers, headphones, animals on leash, skateboards, and skates.**

\_\_\_\_\_  
 Signature

\_\_\_\_\_  
 Date

\_\_\_\_\_  
 Parent/Guardian Signature (if under 18)

\_\_\_\_\_  
 Date

**Movin & Groovin 5K Run/Walk Registration:**

\$15 early bird registration fee - must be received by Aug. 9.

\$20 registration fee after Aug. 9

Kids' Fun Run is free!

Register online at [www.active.com](http://www.active.com)

or mail entry form provided below.

Awards: Top three male and female overall finishers, top male and female masters division, and top three finishers in each male and female age divisions. Age divisions: 14-under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 and over. The first 200 registered 5K Run and 2 Mile Walk participants are guaranteed a t-shirt. Door prizes will be awarded following the race. Free parking is available at the race site. Directions to Dorey Park are online at [www.movinandgroovinforpancan.com](http://www.movinandgroovinforpancan.com) or by calling (804) 233-8453.



PanCAN is a 501 (c) (3) nonprofit organization that is dedicated to focusing national attention on the need to find a cure for pancreatic cancer while advocating research, effective treatments, prevention programs and early detection methods.

*In memory of Ken Dunkle, Michael Fehl, Winifred Kelly, Judith Miller, Bruce Murray, James Pelligrino, Elaine Taylor Swain, Frances Taylor and Anne Velez.*

**Entry Fee:**

\$15 received by Aug. 9 ..... \$ \_\_\_\_\_  
 \$20 Registration after Aug. 9 ..... \$ \_\_\_\_\_  
 \$25 Virtual Walker/Runner by Aug. 9 ..... \$ \_\_\_\_\_  
 Donation to PanCAN (optional) ..... \$ \_\_\_\_\_  
**Total Enclosed** ..... \$ \_\_\_\_\_

**For pledge program information, please visit**  
**[www.movinandgroovinforpancan.com](http://www.movinandgroovinforpancan.com).**

Adult t-shirt size (circle one): **S M L XL XXL**

I am a survivor!

I am participating in the name of \_\_\_\_\_

All donations are tax deductible. If you are mailing your entry, please make entry fee check payable to PanCAN. Mail completed entry form(s) with payment to:

**Movin' & Groovin' for PanCAN**  
**c/o Mike Levins**

**3811 Custis Road Richmond, VA 23225**

**PanCAN's Tax ID# 33-0841281**

**For more information, call (804) 233-8453**  
**or email [volunteerva@pancan.org](mailto:volunteerva@pancan.org),**  
**or visit [www.movinandgroovinforpancan.com](http://www.movinandgroovinforpancan.com)**