

# the Cancer Awareness Run & Ride

Cancer is the second leading cause of death in the United States. Today, millions of people are living with cancer or have had cancer. The risk of developing some types of cancer can be reduced by quitting smoking and eating a more healthful diet, along with taking part in regular physical activity. The sooner a cancer is found and treatment begins, the better the chances are for living for many years.

Cancer can occur at any age. Among adults the risk of developing cancer increases with age. In some cases, early cancer has no symptoms. However, regular screening examinations by a health care professional can result in the detection of cancers of the breast, colon, rectum, cervix, prostate, testis, oral cavity and skin at earlier stages, when treatment is more likely to be successful.

Everyone is invited to come and learn more about cancer awareness, cancer prevention and early detection, as well as nutrition, exercise and living a healthier life.

The Cancer Awareness Run and Ride will be held at the Modesto Junior College West Campus, 2201 Blue Gum Avenue, Modesto.

## The Cancer Awareness Run & Ride

Exhibits will be available from 7:00 a.m. to 2:00 p.m. Fitness activities and massage included in exhibits.

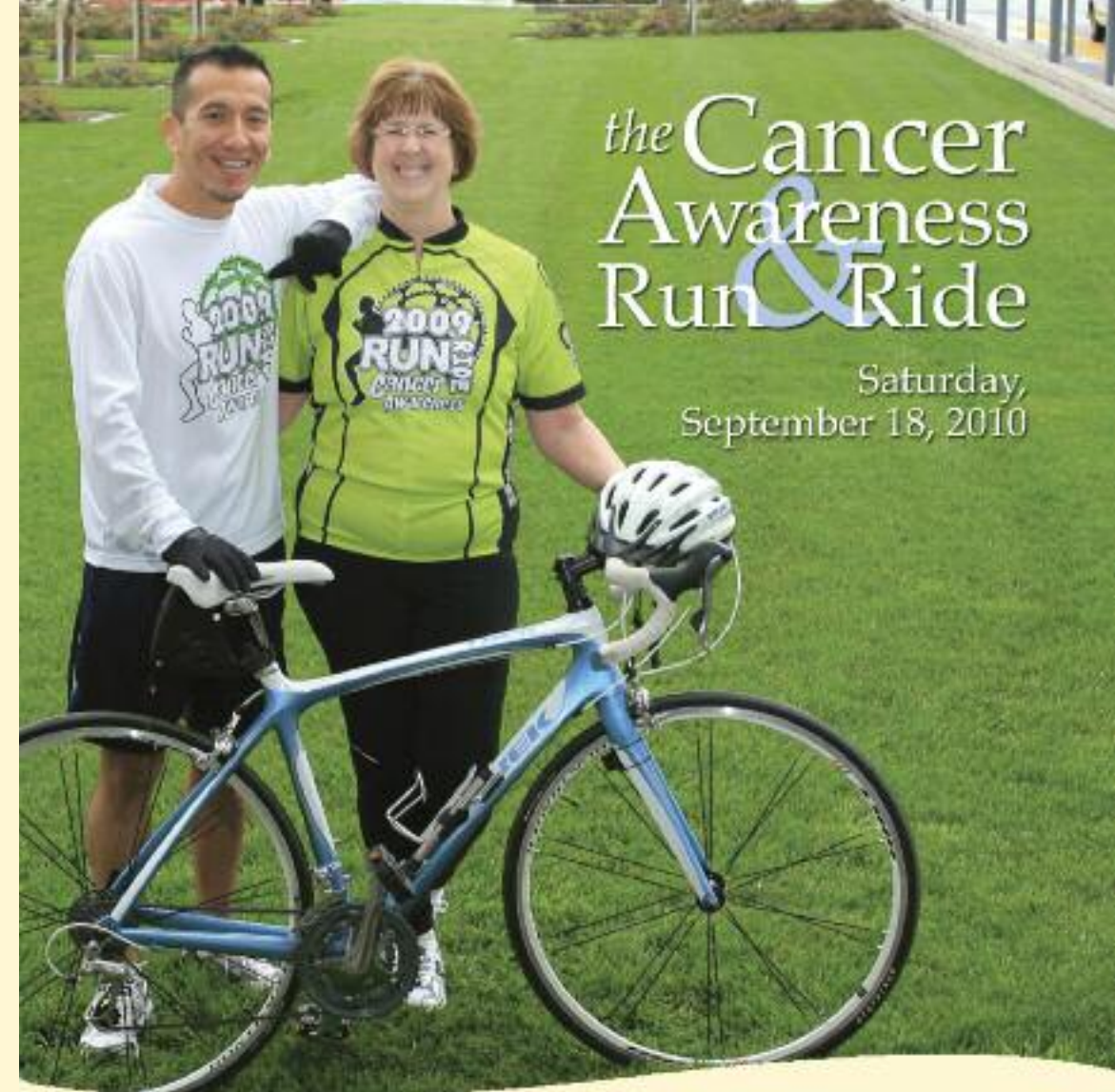
### Grand Prize Drawings

Registered participants, volunteers and the general public are invited to enter our grand prize drawings.

Maps are available at the registration booths and at all exhibitor booths. Have ALL exhibitors stamp your map.

Place your completed map in one of the bins at the prize booth (you choose which prize you want to win.) The drawing will be held after the event and winners will be notified by telephone.

To Modesto Junior College:  
From Hwy. 99, use the West Briggsmore Ave. overpass to North Carpenter Rd. Turn right on Blue Gum Avenue. The college is on the right.



at Modesto Junior College  
West Campus  
2201 Blue Gum Avenue, Modesto

## The Run

Registration begins at 7:00 a.m.  
10K, 2-Mile Run/Walk: 8:00 a.m.  
Kids Fun Run: 9:45 a.m.

## The Ride

Registration begins at 6:00 a.m.  
63-Mile: 7:00 a.m.  
30-Mile: 9:00 a.m.  
12-Mile: 10:00 a.m.  
All courses will close at 1:00 p.m.



*Memorial Medical  
Center*

A Sutter Health Affiliate

*With You. For Life.*

1700 Coffee Road, Modesto, CA 95355  
209-526-4500  
www.memorialmedicalcenter.org

Cancer Services 209-569-7789



*Memorial Medical  
Center*

A Sutter Health Affiliate

*With You. For Life.*

# The Run Schedule

Walkers welcome

- 7:00 a.m. Registration
- 8:00 a.m. 10K and 2-Mile Run/Walk
- 9:45 a.m. Kids Fun Run  
*Free for ages 10 and under. Sign up at Shadow Chase Running Club booth.*
- 10:00 a.m. Awards Ceremony  
Prize Drawings: Check the prize booth for your bib number after the run (*must be present to win*)
- 11:00 a.m. Barbecue Lunch (*included in registration fee*)

**COURSE:** Flat and fast, on paved streets and campus roads  
**DIVISIONS:** Separate men’s and women’s categories for the following groups and distances:

10K: age 12 & under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over, wheelchair  
 2 mile: age 8 & under, 9-12, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over, wheelchair

**AWARDS:** Medals for first, second and third place for men and women in each group and distance. Cash awards of \$50 for overall male and female winners in both races.

**FEES:** If registration received on or before September 3:  
 12 & under = \$12; Adults = \$25  
 If registration received after September 3:  
 12 & under = \$15; Adults = \$30

**Event shirts guaranteed only to those who register before September 3. For more information, please call 209-569-7789.**

**Pre-registered Packet Pick-Up: Friday, September 17 from 4:00 to 6:00 p.m. at event site.**

# The Ride Schedule

- 6:00 a.m. Registration Opens
- 7:00 a.m. 63-Mile Ride Begins
- 9:00 a.m. 30-Mile Ride Begins
- 10:00 a.m. 12-Mile Ride Begins
- 11:00 a.m. Barbecue Lunch (*included in registration fee*)
- 1:00 p.m. All Courses Will Close  
Prize Drawings: Check the prize booth for your bib number after the ride (*must be present to win*)

The 63-mile ride travels into southern Stanislaus County. It crosses the Tuolumne River and takes the rider through the rich farmlands of our valley. The ride takes a break at Laird Park before returning to Modesto Junior College via the Wood Colony Area.

**FOOD:** Along each route, riders will find fully supported rest stops with cycling-specific snacks.

**SUPPORT:** All routes will be clearly marked and maps will be available at the Registration table. SAG support will be provided on all routes. Cyclists are advised to carry at least one water bottle and carry a spare tube and tools for flats.

**RULES:** All riders must wear an ANSI approved helmet, carry medical ID and emergency phone numbers. **Obey all California traffic laws, ride single file and yield to the runners.** Participants (under 18) must ride with an adult rider. No passenger under the age of 6 or weighing less than 60 pounds may participate in the 30- or 63-mile rides. Passengers on the 12-mile ride must wear a helmet. Participants must check in at registration at the conclusion of the ride to receive lunch ticket.

**FEES:** If registration received on or before September 3:  
 12 & under = \$15; Adults = \$45  
 Add \$5 per rider for registration received after September 3.

**Cycling jerseys are guaranteed only to those who register before September 3. For more information, please call 209-569-7789.**

## ROUTE DESCRIPTIONS

Family friendly event. Not a race.

Cyclists can choose the 63-mile (100K), 30-mile (50K) or the 12-mile Family Ride. All routes start and end at the West Campus of Modesto Junior College.

Following lightly traveled roads, riders will travel through orchards west of Modesto. The longer rides include several river crossings and views of the nearby Diablo Range.

The 12-mile ride is an easy loop through orchards, with a snack stop just past the mid-point of the ride.

The 30-mile ride reaches further into the Delta farmland, crosses the Tuolumne River and includes a rest stop at Laird Park.

# Registration

Please complete entry form and mail with check, made payable to *Memorial Medical Center*, to: Memorial Medical Center, Accounting, 1800 Coffee Road, Suite 76, Modesto, CA 95355 *or* register online at Active.com.

Last Name

First Name

Address

City

State  Zip  Phone

Date of Birth: MM/DD/YYYY

Gender (*please circle*) M F Age on day of race \_\_\_\_\_

E-mail

Cancer Survivor? Yes No

Emergency Contact (name and phone) \_\_\_\_\_

**Run** Running Shirt Size (*circle*) S M L XL 2XL  
 Participating (*circle*) 10K 2-Mile

**Ride** Cycling Jersey Size (*circle*) XS S M L XL 2XL 3XL  
 Participating (*circle*) 63-Mile 30-Mile 12-Mile  
 Note: Jerseys run small. Order one size larger.

## WAIVER

I understand that by participating in the Cancer Awareness Run and Ride, I am accepting all of the inherent risks, including but not limited to, physical injury which might arise out of my participation in this event.

I acknowledge that I have been advised that participation in this event requires that I wear a proper bicycle helmet and all other appropriate safety equipment for riding a bicycle as set forth in the California Vehicle Code and obey all California traffic laws at all times; and I take full and sole responsibility for meeting the aforementioned requirements.

I specifically acknowledge and agree that I understand clearly that I am participating in this event of my own free will and solely on my own free time, that this event is not part of my duties and obligations as an employee or agent of Memorial Medical Center and that Memorial Medical Center, as my employer, shall have no obligation whatsoever for any injury or loss that I may suffer as a direct or indirect consequence of my participation in this event.

By signing this form I hereby waive and release on behalf of myself, my heirs, executors and assignees any and all rights and claims for damages that may arise against Memorial Medical Center, Sutter Health, or any of its respective affiliates, officers, directors or employees or any sponsor of this event for any injury or loss that I may suffer while taking part in this event or as a result thereof.

By also signing this waiver, I, the undersigned give my permission for my likeness in the form of still pictures and/or video and/or audio to be used in any and all promotional materials created by or for or involving Memorial Medical Center.

Print Name \_\_\_\_\_

Signature \_\_\_\_\_  
*Participant or guardian*

Date \_\_\_\_\_