

More than just a race...

Whether you're a spectator, fan, serious runner, walker, or a lung cancer survivor, this event promises something for everyone.

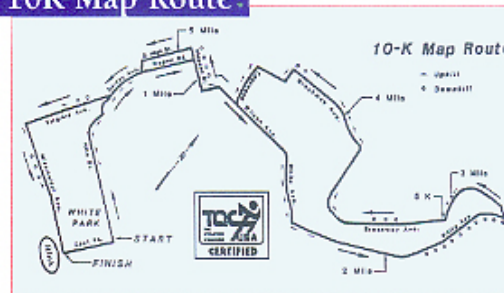


2010 SPIRIT & BREATH CHALLENGE

THE COURSE

All races are on paved roads. Traffic control will be provided by the Morgantown Police Department and other area volunteers. Course maps are available from BOPARC and will be included in all race packets. The challenging 10K course is a TAC-Certified 6.2 mile route looping from White Park to Marilla Park and back through residential neighborhoods. Water stops, with split times, will be located at the 1, 3 and 5 mile markers. The 5K Race, 5K Walk and 1 Mile Run are loops through White Park and the surrounding neighborhoods. Water stops with split times, for the 5K will be located at the 1 and 2 mile markers.

10K Map Route



5K Map Route



The 2010 SPIRIT & BREATH CHALLENGE

The Race Against Lung Cancer



8:00am
Saturday
July 3, 2010
White Park
Morgantown, WV

A Partnership of:



MARY BABB RANDOLPH CANCER CENTER
WestVirginiaUniversity

THE EVENT

The Board of Park and Recreation Commissioners of Morgantown (BOPARC) and sponsors have worked hard to create a top-quality, family-oriented Grand Prix Event. The Spirit & Breath Challenge features a 10K, 5K and 1 Mile Run, along with a 5K Walk.

In 1999, BOPARC teamed up the Sara Crile Allen & James Fredrick Allen Comprehensive Lung Cancer Program at the Mary Babb Randolph Cancer Center and the Alliance for Lung Cancer Advocacy, Support and Education (ALCASE) to sponsor a top-notch race that supports a great cause—lung cancer treatment and prevention.

More than 170,000 people in the U.S are diagnosed with lung cancer every year; more than 163,000 people die from it each year—that's 18 people every hour, every day. Lung cancer is the number one cancer killer of both men and women, yet it remains one of the most misunderstood and under-recognized diseases. It's time to do something about these statistics.

The *Spirit & Breath Challenge* was organized to create awareness about lung cancer risks and prevention, as well as the importance of early diagnosis and proper treatment.



www.boparc.org

AWARDS

10K, 5K Run certificates will be presented to the first three male and female finishers in the age categories indicated below, and to the overall top male and female finishers.

Under 10	16-20	31-40	51-60
11-15	21-30	41-50	60 & Over

5K Walk certificates will be presented to the top two male and female finishers in the age categories indicated below, and to the overall top male and female finishers.

19 & Under	30-39	50-59
20-29	40-49	60 & Over

1 Mile Fun Run certificates will go to all participants.

FUN RUN IS FOR PARTICIPANTS 12 AND

UNDER ONLY!!

REGISTRATION

Race day registration is from 7:00-7:30a.m. on Saturday, July 3. The 10K and 5K Runs and the 5K Walk will begin promptly at 8a.m. The 1 Mile Run will begin at approximately 9:30am.

The race fee is \$20 for pre-registration postmarked by June 25, 2010. The fee for registration postmarked after this date and on race day will be \$25. All fees are non-refundable.

T-shirts are guaranteed to pre-registered runners only. Random drawings will be conducted after the race, providing all race participants with the chance to win prizes.

APPLICATION

Name: _____

Address: _____

Phone #: _____

Age as of 7/4/10 _____ Male Female

Email: _____

In which event will you be participating?

5K Walk 1 Mile Run 10K Run 5K Run

T-SHIRT SIZE S M L XL XXL

Race fee is \$20 per person if postmarked by June 25, 2010, and \$25 if sent after this date or received on race day. Please make checks payable to BOPARC, PO Box 590, Morgantown, WV 26507. For more information call (304) 296-8356.

RELEASE STATEMENT: In consideration of acceptance of this entry, I waive any and all claims for damages with may result from my participation, or from the participation of the minor that I am signing for in the 2010 Spirit & Breath Challenge. Any and all claims are waived for myself, heirs and assigns. The sponsors and their agents or representatives will assume no obligation for injuries or damages that I may incur.

Signature of Runner

Signature of Parent or Guardian
(if applicant is under 18)