

# KOMEN COLUMBUS RACE FOR THE CURE®

## The Value City Furniture Team Challenge



May 20, 2006 Columbus, Ohio

The Susan G. Komen  
Breast Cancer Foundation

**RACE  
FOR  
THE  
CURE**

Presented by 

NATIONAL SERIES SPONSORS:

  

  

NATIONAL SERIES HONORARY CHAIR: FRANCIE LARRIEU SMITH

## May 20, 2006

5K Run, 5K Walk & 1 Mile Fun Walk

[www.komencolumbus.org](http://www.komencolumbus.org)

February 1, 2006

Re: 2006 Komen Columbus Race for the Cure  
May 20th, 2006  
Downtown Columbus

Dear Team Captain:

Welcome to the 14th annual Komen Columbus Race for the Cure! We are very excited to announce that, once again, we'll be downtown for the Race. We are also pleased to announce that, for the fourth year in a row, Value City Furniture is once again sponsoring our Team Challenge – THANK YOU Value City Furniture!

Did you know that in 2005, the Race raised \$1.2 million to fund breast cancer research, education, screening and treatment programs? The Value City Team Challenge is an important part of that success. With your team and members' involvement – you contribute directly to our accomplishment. We are so excited that you have decided to participate in this worthwhile cause.

We've prepared this packet to help you plan for the Race and we hope that it provides all of the information that you need to put together a successful team. This year we are once again having a brief one hour meeting for all team captains at the Fawcett Center for Tomorrow at The Ohio State University. There are two meetings – please try to attend one that fits into your schedule. Our team captain meetings will be held:

- Σ • Wednesday, February 22, 2006: 5:30 PM – 6:30 PM
- Σ • Thursday, February 23, 2006: 8:00 AM – 9:00 AM

During these meetings, you'll get all the information you need, not only about the Race, but also how to raise participation, support fundraising efforts, spread the word with Komen provided posters and collateral. Most importantly, you will hear from a breast cancer survivor who will share with you the importance of this Race, and how your participation contributes directly to the fight against breast cancer.

We'll also highlight some great successes and opportunities for teams such as:

- Σ • Team t-shirt contest – vote for your favorite t-shirt with cash donations!
- Σ • Sleep in for the Cure – someone can't make race day? They can still participate!
- Σ • Survivorpalooza – honor the survivors on your team!

If you have any additional questions, or need any help with the team registration process, please do not hesitate to contact the Race office at 614-297-8155 or via email at [katiecarter@komencolumbus.org](mailto:katiecarter@komencolumbus.org). You should also visit our website for breast cancer and Race information at [www.komencolumbus.org](http://www.komencolumbus.org).

THANK YOU again for all that you have done, and continue to do, for the Komen Columbus Race for the Cure. Your hard work as a Team Captain makes it possible for us to fulfill our mission of eradicating breast cancer as a life threatening disease.

Very Truly Yours,

Katie Carter, Executive Director – Komen Columbus  
Alison Sestina, Race Chair

# Team Captain Checklist and Schedule

## WHAT

## WHEN

- Announce Your Team**.....NOW!
- Ask your employer if there is a matching program available for donations and whether it will “sponsor” employees (i.e., pay the registration fees)
  - Do paycheck stuffers and hang posters (available at the Team Captain meeting or from the Race Office – call 297-8155)
  - Publish instructions for registering your team (Attachment A should get you started)
- Create Your Team on-line** .....NOW!
- When you know you have at least 10 participants, you officially have a team!
  - Register your team online at [www.komencolumbus.org](http://www.komencolumbus.org)
    - Go to link: “CLICK HERE TO REGISTER” and then “TEAM CAPTAINS-CREATE YOUR TEAM
    - Complete all information, including a username and password
  - Manage your team online at [www.active.com/active](http://www.active.com/active)
    - Enter team captain username and password
    - Go to link: “TEAM HOME”
- Attend the Team Captain Meeting** .....Feb 22 or 23
- Meeting at the Fawcett on Feb 22nd at 5:30 pm or Feb 23rd at 8:00 am
  - Get all your questions answered, hear from a survivor and pick up posters
  - Exchange ideas for fundraising with other Team Captains
- Last Day to Mail In Team Registration** .....April 21
- Team participants complete the Registration Form (Attachment B)
  - Team participants submit Registration Forms and fees to you (not Race Office)
  - You complete the Team Roster (Attachment C)
  - You submit the Registration Forms, Team Roster, registration fees, and any pledges or other donations to Hermes
- On Line Registration Process**.....Now until April 28
- Team participants register and pay online at [www.komencolumbus.org](http://www.komencolumbus.org)
    - Go to link: “CLICK HERE TO REGISTER” and then “REGISTER NOW”
    - Select: “TEAM REGISTRATION”
    - Pick your team from the drop down menu
    - Enter all information and pay via credit card
- Pick up Race Packets**.....May 6
- Greater Relocation Group at 4740 Groves Road from 9:00 am to 11:00 am  
Directions: I-70 to Hamilton Road (South) to Groves Road (Left)
- Turn in team t-shirt for the team t-shirt challenge** .....May 18
- Drop off your team t-shirt at either the Race Office or Race registration sites
- Have fun at The Race**.....May 20
- Visit [www.komencolumbus.org](http://www.komencolumbus.org) for Race Day and parking information
- Collect Pledges and Mail to Race Office**.....NOW until May 31
- Submit pledges with Pledge Form (Attachment D) to Race Office
- Call or email with questions** .....ANYTIME!
- Race Office: 297-8155 or [katiecarter@komencolumbus.org](mailto:katiecarter@komencolumbus.org)
  - Hermes: 216-623-9933 or [nswingos@hermesccleveland.com](mailto:nswingos@hermesccleveland.com)

## MEMORANDUM

**To:** All Employees  
**From:** Human Resources  
**Date:** February 2, 2006  
**Re:** 2006 Komen Columbus Race for the Cure

Breast cancer is the leading killer of women ages 35-54. The Komen Columbus Race for the Cure has raised more than six million dollars locally for breast cancer research, education, screening and treatment and seventy-five percent of its proceeds remain in central Ohio, helping to support breast health education and breast cancer screening and treatment programs.

In order to contribute to this worthwhile cause, ABC COMPANY is forming a team to join the Race. We hope that you will either sign up to join our team or pledge money to our team participants. This year's Race will be held in downtown Columbus on May 20.

There are two ways you can register to join the ABC COMPANY Team:

**By Mail:** Call TEAM CAPTAIN for a registration form, or pick one up in the break area. Complete the form. DON'T mail it in - return it to TEAM CAPTAIN with your registration fee. Deadline is April 21.

**Online:** Go to the Race Website at [www.komencolumbus.org](http://www.komencolumbus.org). Go to "CLICK HERE TO REGISTER" and then REGISTER NOW" and select "TEAM REGISTRATION" Find our team name in the drop down menu – it's ABC COMPANY – and then enter our team password - ABC. Complete all required information and pay your registration fee via credit card. Deadline is April 28.

We will distribute more detailed information regarding our team as we approach Race Day. Until then, please do not hesitate to call me if you have any questions.

# May 20, 2006 Race for the Cure Team Registration Form

TEAM NAME \_\_\_\_\_

I am a breast cancer survivor

PASSWORD

LAST NAME  MIDDLE INITIAL

FIRST NAME

ADDRESS

CITY

STATE  ZIP  DAYTIME PHONE  -  -

EMAIL (mailing list)

BIRTH DATE  -  -  AGE as of 5/20/06  SEX: FEMALE  MALE

EVENT 5K  1 MILE  **SLEEP IN FOR THE CURE™** (First 2500 entrants)  Youth S (6-8)

T-SHIRT Free T-shirt for first 28,000 entrants - Adult sizes: S  M  L  XL  XXL  Youth M (10-12)  Youth L (14-16)

I would like to volunteer for Komen Columbus!

name \_\_\_\_\_

email \_\_\_\_\_ daytime phone \_\_\_\_\_

## Participant Information

I am an employee/student

I am a family member or friend

What employee/student are you associated with?

### RACE WAIVER AND RELEASE (Participant must sign in order to be eligible to participate in Race):

I understand that my consent to these provisions is given in consideration of the acceptance of this registration and for being permitted to participate in this event. I am a voluntary participant in this event, and in good physical condition. I know that this event is a potentially hazardous activity and I hereby assume full and complete responsibility for any injury or accident which may occur during my participation in this event or while on the premises of this event, and I hereby release and hold harmless and covenant not to file suit against The Susan G. Komen Breast Cancer Foundation, Inc., its local Affiliates and any affiliated individuals, the Komen COLUMBUS Race for the Cure® and any affiliated individuals, any Race sponsors and their agents and employees, and all other persons or entities associated with this event (the "Releasees") from any loss, liability or claims I may have arising out of my participation in this event, including personal injury or damage suffered by me or others, whether same be caused by falls, contact with participants, conditions of the course, negligence of the Releasees or otherwise. If I do not follow all the rules of this event, I understand that I may be removed from the competition. I give my full permission to the Komen Foundation and its local Affiliates and Races and their sponsors and corporate sponsors to use any photographs, videotapes, audiotapes or other recordings of me that are made during the course of this event. I understand that this Waiver and Release may be stored electronically and agree that a copy is authentic and admissible as evidence in any future dispute or proceeding.

 \_\_\_\_\_ Date \_\_\_\_\_

Signature (Signature required to process)  
Parent/Guardian if under 18

Race course certification number: OH 05018 PR.

## Entry Fees

**\*MUST BE ENCLOSED TO PROCESS YOUR REGISTRATION**

5K & 1 Mile Fun Walk..... \$20.00 \$ \_\_\_\_\_

(Adults-ages 15 & over)

5K & 1 Mile Fun Walk ..... \$10.00 \$ \_\_\_\_\_

(Youth-ages 14 & under)

Sleep in for the Cure™..... \$20.00 \$ \_\_\_\_\_

(One size only-XL, first 2000 entrants)

Additional contribution to the Komen Columbus RACE FOR THE CURE® .. \$ \_\_\_\_\_

Total amount enclosed ..... \$ \_\_\_\_\_

[www.komencolumbus.org](http://www.komencolumbus.org)

Please submit this completed form and payment to your Team Captain.



# The EXTRA MILE Pledge Program

You've registered for the race but that is just the beginning!

You can help us even more by collecting pledges from family, friends, and co-workers. All pledge program participants who raise \$100 or more will receive a prize, and our top 100 individuals will join our inaugural "Komen Columbus Honor Roll". Honor roll participants will be honored with prizes and a celebratory event to thank you for your significant efforts to fight breast cancer as a life threatening disease. All pledges must be turned in by 05-31-06. Be sure to ask your employer about matching gifts, and visit [www.komencolumbus.org](http://www.komencolumbus.org) for additional fundraising tips and information on our "Honor Roll".

**Please mail this form with your check for your collected pledges to:  
Komen Columbus RACE FOR THE CURE®  
L-2933, Columbus, Ohio 43260**

**PLEASE PRINT  
CLEARLY**

\_\_\_\_\_  
**PARTICIPANT'S NAME**

\_\_\_\_\_  
**ADDRESS**

\_\_\_\_\_  
**CITY/STATE**

**ZIP**

**DAY PHONE**

**SPONSOR'S NAME:**

**PLEDGE AMOUNT:**

1 \_\_\_\_\_ \$ \_\_\_\_\_

2 \_\_\_\_\_ \$ \_\_\_\_\_

3 \_\_\_\_\_ \$ \_\_\_\_\_

4 \_\_\_\_\_ \$ \_\_\_\_\_

5 \_\_\_\_\_ \$ \_\_\_\_\_

6 \_\_\_\_\_ \$ \_\_\_\_\_

7 \_\_\_\_\_ \$ \_\_\_\_\_

8 \_\_\_\_\_ \$ \_\_\_\_\_

9 \_\_\_\_\_ \$ \_\_\_\_\_

10 \_\_\_\_\_ \$ \_\_\_\_\_

**TOTAL PLEDGES** \$ \_\_\_\_\_

This form may be photocopied.

**Thanks for going the extra mile in fighting breast cancer!**

## Race Day May 20, 2006 Information

### Race Day—Start Times

|              |  |
|--------------|--|
| 8:00–10:45am | SurvivorPalooza!<br>Next to Nationwide Arena Ticket Office. Each Survivor and one guest is welcome to join us for an experience to honor you like no other.  |
| 8:00 am      | Expo Opens   |
| 9:45         | 1 Mile Fun Walk  |
| 9:00         | 5K Coed Run<br>5K Coed Walk immediately follows 5K Coed Runners  |
| 10:45        | Celebration 2006 (Awards Ceremony)<br>Please join us in celebrating the spirit and determination of Breast Cancer Survivors at Celebration 2006 at Arch Park |

Awards will be given to the top overall 5 winners in each of the following categories: Men, Women, and Survivors (top 3 finishers and 1st place in ages 40–55, and ages 56 and over).

The 1st place female Survivor finisher in the Coed 5K Run/Walk will be awarded roundtrip air transportation on American Airlines or American Eagle to any destination in the contiguous U.S. Limit (1) ticket per household.

### Safety Reminders

For safety reasons, we request that participants with baby strollers/joggers join the 1-mile walk, rather than the 5K event. This event will occur rain or shine. We reserve the right to cancel in extreme circumstances. In that event, there will be no refunds, rather, your entry fee will be used as a donation to the Komen Columbus Race for the Cure® Affiliate.

### Courses

- 5K
- 1 MILE FAMILY FUN WALK

Visit [www.komencolumbus.org](http://www.komencolumbus.org) for detailed parking and traffic information.

