



Lazarex Cancer Foundation Presents

Hope In Motion

August 3, 2008
5K/10K Run/Walk
8:00 am



Lake Merritt, Oakland, CA
Benefiting Lazarex Cancer Foundation

Lazarex Cancer Foundation, a volunteer-run organization, creates a lifeline – a bridge to hope, life and dignity – for cancer patients and their families. The Foundation supports cancer patients who have been failed by conventional medicine by providing financial assistance for, and access to, new and promising treatments. We believe that together, we can change the face of cancer, one life at a time. To find out more about how you can get involved, contact Lazarex Cancer Foundation at 925.820.4517 or visit www.lazarexfoundation.org.

Join us at our special Pre-Event Clinics sponsored by Road Runner Sports!

Race Training & Gear Clinic (Friday, April 18th, 6:30 pm) Come on out to Road Runner Sports in Concord (1975 Diamond Blvd, E-361) to learn what you'll need to set up a training schedule that fits with your life. Plus, you can get the gear you'll need to finish in style. Pre-registration for the Lazarex Cancer Foundation 5K/10K Run/Walk will also be available that day at the store.

Nutrition & Injury Prevention (Friday, May 16th, 6:30 pm) Join the experts at Road Runner Sports in Concord for a great clinic on what to eat and do leading up to race day so you'll be in top form through the end of the race. Pre-registration for the Lazarex Cancer Foundation 5K/10K Run/Walk will also be available that day at the store.

Taper & Race Day Readiness (Friday, June 20th, 6:30 pm) Learn what you need to know from the running coaches at Road Runner Sports in Concord to taper off your training schedule and prepare for your best race day yet! Pre-registration for the Lazarex Cancer Foundation 5K/10K Run/Walk will also be available that day at the store. For more information about the clinics, call 925.825.8052.

For more information call 209.795.7832 or email info@onyourmarkevents.com

TO ENTER: Fill in, cut off and mail the section below, or register online at www.active.com, or link through www.onyourmarkevents.com.

REGISTRATION & CHECK-IN: Will open at 6:30 am at the Boat House, 568 Bellevue Avenue, Lake Merritt. Race numbers will not be mailed in advance. They will be available for pick up on the morning of the race.

COURSE: Lake Merritt is the birthplace of competitive road running in the Bay Area. The 5K is one perfect beautiful loop around Lake Merritt on a paved road. The 10K is two loops of the 5K.

AWARDS: Trophies to overall male/female in both events. Medals to top three finishers in each age group in 10-year increments. The top finisher in each category will also receive a gift certificate from Road Runner Sports. **5K:** 13 & under, 14-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70 & up. **10K:** 18 & under, 19-29, 30-39, 40-49, 50-59, 60-69, 70 & up. Finisher awards to all! Results will be posted on www.onyourmarkevents.com.

FEES: \$30 prior to July 20th. \$35 thereafter. Fees include post-race refreshments, a commemorative T-shirt, an incredible sport bag, goodies and award ceremony.

GROUP/TEAM: Be sure to specify your team or group name on the race entry form when signing up through active.com. For the (noncompetitive) group category, the group that signs up with the greatest number of entrants will receive a trophy. In the (competitive) team category, which requires a minimum of 5 members, the team with the top 5 placing runners will receive 5 medals.

MOMMIES IN MOTION: Bring your little one (little ones are free) and stroller to be part of Mommies In Motion.

RACE PACKET PICK-UP AND SPORT BAG DISTRIBUTION (WITH GOODIES!): Race Packets will be available on July 26th and August 2nd at Road Runner Sports in Concord. Take advantage of the opportunity to pick up this packet, including your bib numbers, map course and everything you'll need for an easy race morning!



Hope In Motion 5K/10K

Please Print Clearly

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____ PHONE _____

EMAIL ADDRESS _____ AGE (ON RACE DAY) GENDER M F

CLUB/GROUP/TEAM _____

5K

10K

T-SHIRT SIZE

For entry send your completed form and non-refundable fee made out to Lazarex Cancer Foundation to:
On Your Mark
P.O. Box 1199
Arnold, CA 95223

Waiver to be signed on race day. Persons under 18 must have a parent or guardian.