

# Did You Know?

**Every 5 MINUTES 2 MEN  
are diagnosed with  
PROSTATE CANCER?**

All proceeds from this event go to fund the 2<sup>nd</sup> Annual FREE Prostate Cancer Screening Event we - The Oregon Urology Foundation - host with KEZI-9 at Valley River Center in July.

At 2008's event we saw 550 men in 2 days. They received a physical and blood draw FREE of charge. Almost 5% of the men were found to be suspicious for Prostate Cancer.

**Help us catch it before it's too late!**



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

## Thank You to our Sponsors:



Non-Profit 501 (c) (3)



ABD Insurance



OREGON UROLOGY INSTITUTE

Better Options. Better Care.

Special thanks to:



# Springfield - Eugene

## 6.21.2009

## 8 am Start Time

[www.prost8k.com](http://www.prost8k.com)

# Race Info

**Start Time:** 8 am

**Course:**

The 8K event is flat, fast and scenic, starting at the Oregon Urology Institute, looping behind Gateway Mall, crossing over I-5 via the new bike bridge, covering a loop through the surrounding neighborhoods to the west of I-5, crosses back over the bridge and finishes at Gateway Mall. The 5K walk follows the same route; however has an earlier turn-around in the neighborhoods.

**Directions:**

Take Gateway south to Harlow, turn left (east) and then an immediate right onto Hartman Lane. The Oregon Urology Institute is on the right (west) side of Hartman Lane.

**Please Note:**

We suggest that you park at the Gateway Mall and walk over to the starting line at Oregon Urology Institute.

**Master of Ceremonies:**

Joe Henderson

**Awards Ceremony: 9:30 am**

Awards will be given to the top three overall male and female finishers and the top three in each age group for both events.

**Age Groups:**

10 & Under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & Over

# Registration Info

**ONLINE AT:**

www.prost8k.com

**BY MAIL:**

Oregon Urology Foundation  
2400 Hartman Lane, Suite 300  
Springfield, OR 97477

**MAKE CHECKS PAYABLE TO:**

Oregon Urology Foundation

**ON-SITE RACE DAY REGISTRATION:**

7:00 am to 7:45 am

**ENTRY FEES:**

<p><b><u>ADULTS</u></b>  <b>Thru June 7</b>                  \$15 w/out shirt                  \$25 w/tech shirt  <b>June 8-20</b>                  \$20 w/out shirt                  \$30 w/tech shirt  <b>June 21</b>                  \$25 w/out shirt                  \$35 w/tech shirt</p>	<p><b><u>KIDS 12 &amp; Under</u></b>  <b>Thru June 7</b>                  \$10 w/out shirt                  \$17 w/tech shirt  <b>June 8-20</b>                  \$15 w/out shirt                  \$22 w/tech shirt  <b>June 21</b>                  \$20 w/out shirt                  \$27 w/tech shirt</p>
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**Shirt sizes are not guaranteed if ordered after June 14.**

(Entry fees are non-refundable)

Packets can be picked up ahead of time at The Eugene Running Company on Saturday, June 20<sup>th</sup> from 12 pm – 5pm & at the event on June 21<sup>st</sup> from 7am - 7:45 am.

**FOR FURTHER INFORMATION:**

**Call: (541) 334-3350**  
or **www.prost8k.com**

# PARTICIPANT REGISTRATION

\_\_\_\_\_  
Last Name First Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
City State Zip

\_\_\_\_\_  
Phone Number

\_\_\_\_\_  
E-Mail Address

\_\_\_\_\_  
Date of Birth

**Event Entering: (Check One)**  
 8K Run     5K Run/Walk

**Prostate Cancer Survivor**  
**(Blue Shirts for Prostate Cancer Survivors)**

**SHIRT SIZING**

MEN'S SIZES	
<input type="checkbox"/> Small	<input type="checkbox"/> X-Large
<input type="checkbox"/> Medium	<input type="checkbox"/> XX-Large
<input type="checkbox"/> Large	
WOMEN'S SIZES	
<input type="checkbox"/> X-Small	<input type="checkbox"/> X-Large
<input type="checkbox"/> Small	<input type="checkbox"/> XX-Large
<input type="checkbox"/> Medium	<input type="checkbox"/> 1X
<input type="checkbox"/> Large	<input type="checkbox"/> 2X
KIDS SIZES	
<input type="checkbox"/> Small	<input type="checkbox"/> Large
<input type="checkbox"/> Medium	<input type="checkbox"/> X-Large

Participation Waiver: Through my participation in the Father's Day Prost8k/5k walk, facilitated by, Oregon Urology Foundation, which is physically demanding, I hereby waive any and all claims of liability to the afore-mentioned entities, various sponsors and any individuals involved with the organization and execution of the event. I also grant permission to the race organizers to use any photographs of me in the event for future promotional purposes.

\_\_\_\_\_  
Signature (Parent signature required if under 18) Date

BIB # \_\_\_\_\_ (For official use only)