

What distance is a 5K?

3.1 miles

Who can participate?

Everyone is welcome to run or walk in the event, so bring your friends and family and join us for this great cause!

Where do the proceeds of the event go?

The Mammography Assistance Program of the Breast Health Center, Columbus Regional Hospital, provides digital screening mammograms at a nominal fee (\$5) to uninsured women between the ages of 40 and 64 and who need financial assistance for an annual mammogram. MAP funds cover clinical costs of the initial screenings, while the Center's nurses, mammography technologists, and office staff donate their time and expertise.

How can I volunteer?

Email Jennifer Shaver at jennifer@foundationforyouth.com or call her at (812) 374-6163

We could use course volunteers to help keep the runners and walkers safe as well as registration table help inside Hamilton Ice Arena on the morning of the event and water supply help for runners and walkers on the course.



Remember to use your \$5 Subway Gift Card at one of the local Subways following the event to eat healthy and thank the local Subway owners who donated to this event!



www.bluemile.com

Thank you to BlueMile and their donations to the Overall & Age Group Run Winners!



COLUMBUS
REGIONAL
HOSPITAL

Employees that donate their time for MAP

Pink Power 5K

Jeff Niewedde, Race Director

**P.O. Box 1863
Columbus, IN 47202
(812) 447-5528
crossroadsofindiana@gmail.com**

3rd Annual Pink Power 5K Run & Walk

Sponsored By:

**The Breast Health Center at
Columbus Regional Hospital**

&



**Date: March 3, 2012 (Saturday)
Registration: 8:00-9:00AM
Race Start: 9:00AM**

**\$5 Subway Gift Card to
everyone who pre-registers
(w/shirt) before February 18th!**

Event Registration

Online: www.signmeup.com/79859

Mail In: Complete & Sign Registration Form

Day of Race: 7-8am Sign Up

Packet Pickup

Hamilton Ice Arena on race day from 7-8am

Location

Start & Finish at Hamilton Ice Arena
25th & Lincoln Park Drive
Columbus, IN 47201

Results

Results will be announced timely and posted at the race. Indiana Timing will be timing the event and results will be posted at www.indianatiming.com by 5pm same day.

Trophies, along with a free entry for the 2013 race will be awarded to the overall male & female winners of the run and walk so they can come back to defend their title.

Small trophies awarded to the top 2 in each of the following run & walk age groups:
14 & Under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 & Over

\$25 BlueMile Gift Certificates to Overall Male & Female Run Winners

\$10 BlueMile Gift Certificates to Age Group Run Winners in age groups over 20 years old

Registration Form

PLEASE PRINT NICELY

Name: _____
Address: _____ _____
Phone: _____
Email: _____
Age (on race day) _____ Gender: _____

I will be competing in the (MUST circle one!)	
5K Run	5K Walk

T-shirt Size (MUST circle one!)					
S	M	L	XL	2XL	No T-Shirt

In consideration of acceptance of my entry, I hereby release, discharge and agree to hold free and harmless any sponsors, officials or organizers of this event and each of them together with their successors, assigns, officers, agents and employees from any and all liability for injuries to property or person suffered by me as a result of my participation in this event. By execution of this waiver, I assume all risk associated with my participation in this event, including, but not limited to fall, the effects of weather, traffic and road conditions, all such risks being known and appreciated by me. I verify that I am physically fit and sufficiently trained for the completion of this event and that my physical condition has been verified by a licensed medical doctor.

Signature: _____
Parent's signature if under 18 years of age

Date: _____

Make check payable to:

Crossroads of Indiana

Where to mail the registration form:

Crossroads of Indiana
P.O. Box 1863
Columbus, IN 47202

_____ On or Before February 18th (\$20.00)

_____ After February 18th (\$25.00)

_____ No T-Shirt (subtract \$5 if No T-Shirt)

_____ **TOTAL DONATION**

Remember to post mark your mail in registration by **February 18th** to guarantee your t-shirt and size that you want.

HINT:

Reason why you see a lot of races require this two week pre-registration deadline is so that they can get an accurate order of the number and size of t-shirts to the company making the t-shirts. So, all race day registrants and also all those that haven't pre-registered on or before February 18th will be subject to a first come first serve standard based on how many extra shirts the event organizers have purchased. Long story short, always pre-register 😊