

# 4<sup>th</sup> Annual Julie Smudz 5K Memorial Run/1 Mile Family Walk



In the fall of 2005, my mom Julie was diagnosed with Multiple Myeloma, a rare blood cancer. The disease progressed quickly and we lost her in January 2006. My mom was a strong, active woman who fought hard to the end. Her courage and positive attitude were inspirational, and it is this spirit that has driven me to help raise money to defeat this terrible form of cancer.

In honor of her memory and her active, healthy lifestyle, we held our 1st Annual Julie Smudz Memorial 5K run/1mile Fun Walk event in June 2009 to raise money to help find a cure for MM. After the huge success of our inaugural run, we decided to make this an annual event. Please help us achieve our goal of \$20,000 for the MMORE research, by joining us in our race, sponsoring the event, or donating online. Thanks so much for your support!



## Registration

- Date: Saturday, June 9<sup>th</sup>, 2012
- Location: Delaware State Park  
5202 US Route 23 North  
Delaware, OH 43015
- Start Times: 5K/ 1 Mile - 8:30AM
- Kid's 1/2 Mile Fun Run - 8:15AM
- Registration: Begins at 7:30AM (Beach Area)
- Pre-register online:  
[premieraces.com/event-calendar/Julie\\_Smudz\\_5k](http://premieraces.com/event-calendar/Julie_Smudz_5k)

## Entry Fees

- 5K Run/Walk \$30 through race day
- 1 Mile Walk \$20 for an individual
- \$35 for a family (family pack includes one event shirt)
- Team Challenge \$25 per person
- Note: Teams must be made up of 5 or more people and registered by June 1st
- Kids 1/2 Mile \$15 per child for ages 10 and under. All participating kids will receive an award but no shirt

## Awards

- Technical Race Shirt for all pre-registered by June 1st;
- Event Shirt for those registering on day of race
- Medals Top 3 male and female 5K finishers
- Top 3 male and female athletes in following age groups: 10 and under, 11-19, 20-29, 30-39, 40-49, 50 and over
- Team with fastest time will take home the Team Challenge Award



## About MMORE

MMORE's mission is committed to supporting medical research that will find effective treatments and a cure for multiple myeloma.

Their Vision:

- \* Support mmore promising research projects in order to increase the probability of finding a cure and improve quality of life for those diagnosed with multiple myeloma.
- \* Inspire mmore by establishing community events to raise public awareness of multiple myeloma.
- \* Create mmore opportunities across the country to increase funding in support of medical research to find a cure for multiple myeloma.
- \* Connect mmore patients, survivors, their families and friends with others who have been affected by the diagnosis of multiple myeloma.

