



**10TH ANNUAL  
TOUGH TEN / TOUGH TWO**

**10-Mile/2-Mile Run**

T o B e n e f i t

**East Alabama Medical Center Breast  
Cancer Foundation**

presented by

**health** *plus*  
fitness center  
a service of east alabama medical center

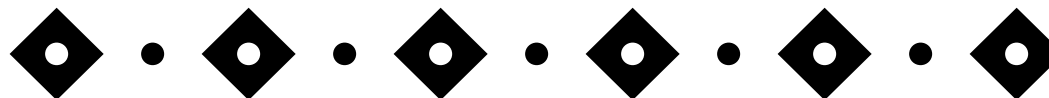
**AORTA**

**Auburn Opelika Running  
and Track  
Association**

*and*

The Cancer Program  
*Prevention  
Diagnosis  
Treatment  
Recovery*  
a service of East Alabama Medical  
Center

**SATURDAY  
October 10, 2009**



# *A Race With A Mission...*

*All proceeds to benefit East Alabama Medical Center's Foundation for Breast Cancer Early Detection. The Breast Cancer Early Detection Program serves to provide free mammogram screenings for women who are uninsured and educate women in our community on the benefits of breast self-examination and annual screenings.*

**RACECOURSE:** A 10-mile scenic road race through moderately rolling hills in Auburn, AL. A 2-mile fitness run or walk will be held simultaneously. All participants will be expected to complete the course within 2 hours.

**WHEN:** Saturday, October 10th, 2009

**WHERE:** Ogletree Village Shopping Center  
Corner of Moores Mill Rd. and Ogletree Rd  
Auburn, Alabama 36830

**TIMES:** Late Registration 6:30 a.m.-7:15 a.m.  
Race Start 7:30 a.m. for both races

**FEATURES:** Each pre-registered participant will receive a T-shirt. Day-of-race T-shirts will be available while supplies last.

**ENTRY: Pre-registration** (postmarked by October 3rd) - \$10.00 for 2 mile/\$16.00 for 10-mile. AORTA members will receive a \$2.00 discount with pre-registration only for the 10-mile race.

**Day of race registration** - \$12.00 for 2 mile/\$20.00 for 10 mile.

## **AWARDS:**

Awards will be given to the top 3 males/female overall finishers and the top male/female masters finisher in the 2 mile run/walk and the 10-mile race. There will also be an award given to the top male/female finisher in each age group for the 10 mile race.

For more information, directions, or if you would like to volunteer, you may e-mail Penny Merritt-Price at penny@fordcourt.net or Ruby Gladney at (334) 528.2724.

*Please feel free to photocopy this application & bring a friend.*

## ENTRY FORM

Name: \_\_\_\_\_

Age: \_\_\_\_\_ Sex: M F Birth Date \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ ST: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Race: 10 Mile 2 Mile

Adult Size Unisex T-Shirt: S M L XL XXL

Youth Size Tshirt: 10/12 14/16

How or where did you get this application? \_\_\_\_\_

Please provide your e-mail address: \_\_\_\_\_

**Make checks payable to AORTA and mail with entry form to:**

**AORTA  
c/o Penny Merritt-Price  
346 Bowden Drive  
Auburn, Alabama 36830**

## Waiver/Release Form

In consideration of my being permitted to participate as entrant or competitor in this event, I myself, my heirs, executors, administrators, successors and assigns do remise, release and forever discharge, waive and save, harmless, protect and keep indemnified the East Alabama Medical Center, the Health Plus Fitness Center, and The Cancer Program of EAMC, AORTA, The Susan G. Komen and its affiliates, other affiliated associations, sanctioning bodies, sponsoring companies, participants, competitors, entrants and all of their respective agents, officials, servants, and representatives from and against any and all kinds of actions, claims, costs and expenses and demands in respect of death, injury, loss or damage to my person or property howsoever caused arising out of my being permitted to attend at in any way take part prior to, during or subsequent to this event whether as a spectator, participant competitor, entrant or otherwise and not withstanding that the same may have contributed to or occasioned by the negligence of any of the aforesaid, their agents, officials, servants or representatives.

By submitting this entry, I acknowledge having read and agreed to the above waiver release and indemnification.

\_\_\_\_\_  
Signature  
(Parent or Guardian if under age 18)

\_\_\_\_\_  
Date

*The Best Protection is Early Detection!*