
Multiple Myeloma Charitable Foundation

www.mmcf.org

2007 5K Walk/Run for the Cure Saturday, September 8, 2007

Essex Park / Rochester, MN

An event to benefit blood cancer research

5K Walk/Run starts and finishes at Essex Park, and follows Rochester's trail system

7:00 am Registration/check-in begins

8:15 am Race starts

8:45 am Program (details TBA)

9:00 am Awards for runners

9:20 am Walkers depart

- 1st, 2nd, and 3rd place prizes awarded to individuals bringing in the most donations
- 1st, 2nd, and 3rd place race finishers awarded prizes (men and women)
- all participants eligible for prizes to be drawn during walk
- brunch food and beverages available to participants after

On-line registration available NOW at www.active.com

keyword "MMCF"

Participant registration fees:

Adults 19-up	\$35
Youth 13-18	\$20
Children 12 and under	free

Everyone is encouraged to ask friends, relatives, neighbors, and co-workers to sponsor them.

Donations are tax deductible as allowed by law.

The more money we raise, the more we can help the people in our community living with multiple myeloma, leukemia, lymphoma, and other blood cancers and diseases.

for more information call 507-259-3979

e-mail mmcf.org@gmail.com

or log on to www.mmcf.org (mail-in registration form available)