



The University of Virginia Department of Urology
and
The Ragged Mountain Running Shop
Present

The 2006 Charlottesville Men's Four Miler

An all male run to benefit Prostate Cancer programs at UVa

**Saturday December 2nd
9:00am**

**Wesley Chapel Road in Free Union
(NEW location)**

Entry Fee: \$20 donation if you enter by December 1st. \$25 on race day!
Race day registration is from 7:15-8:00. Fill out the enclosed form and (with your check) mail it or deliver it to: Ragged Mountain at #3 Elliewood Avenue, Charlottesville, 22903

CTC Members Take Off \$1.00

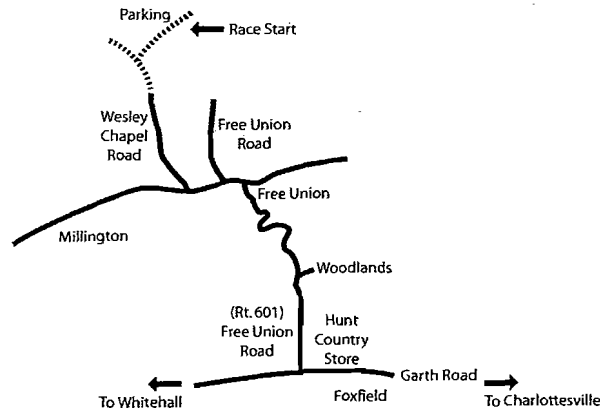
A free official Men's Four Miler t-shirt to all entrants!

The **Top Three** Overall finishers will receive **special** merchandise awards...Prizes will also be awarded to placers in the following **Age Groups:** 10 & younger, 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

TEAMS: You may choose to enter as part of a team, which can be lots of fun. Teams must have a minimum of 4 and maximum of 8 members. If you wish to enter as a team, please turn in your full team roster (name of team and names of individuals on the team) to Ragged Mountain by November 28th at 6:00pm. Please note your category: 1. Open 2. Masters I (all members 40 and over) 3. Masters II (all members 50 and over) 4. Family (all members must be related to each other in some way).

FREE PARKING will be available courtesy of The Macintosh Family (in their field...see map). **In the case of bad weather** (ice or snow) on race day, call 293-6115 or listen to WINA (1070 AM) for details on race morning.

For more INFORMATION call 293-3367



Course: This gently rolling course takes the runners along a beautiful country road featuring panoramic views of the mountains.

PROSTATE CANCER is reported to be the leading type of cancer in men and the second leading cause of death among American males (over 40,000 deaths/year). The University of Virginia has a Robotic Prostatectomy program in which they employ a surgical robot to perform the prostate removal with a goal of using the robot's precision and ability to operate through laparoscopic incisions to get results that include less pain, less blood loss and shorter hospital stays! We encourage anyone diagnosed with prostate cancer to learn more about this special robotic surgery option before being treated for prostate cancer. For more information please go to www.uvaprostate.com.

-----please cut and mail or deliver to #3 Elliewood-----

MEN'S FOUR MILER

NAME (please print) _____ AGE _____

FULL MAILING ADDRESS _____

_____ zipcode _____

E-mail Address _____ Phone _____

T-SHIRT size (please circle): S M L XL XXL

WAIVER (you must sign): I do hereby release the University of Virginia, The Department of Urology at UVA, The Ragged Mountain Running Shop and all other sponsors and race day volunteers from any liability due to any injury that I should incur traveling to, during or traveling from The 2006 Charlottesville Men's Four Miler. I am in good physical condition and understand that I am completely responsible for my health and also understand that if the event has to be canceled there will be no refunds. I also understand that no baby strollers or dogs will be allowed on the race course during the event.

Signature _____ Date _____

Signature of Parent of Adult Guardian (if under 18) _____

Please mail or deliver to: Men's Four Miler, #3 Elliewood Avenue, Charlottesville, Va. 22903

**Please make checks payable to: UVa Urology-Men's 4 Miler
\$20 delivered by December 1...\$25 on race day!**