



Department of Urology



and



Present

## The 2007 Charlottesville Men's Four Miler

An all male run/walk to benefit Prostate Cancer programs at UVa

Saturday, December 1<sup>st</sup>

8:30am

Wesley Chapel Road in Free Union

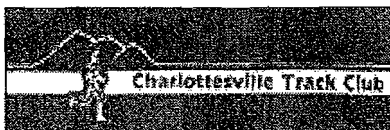
**Entry Fee:** \$ 25 donation if you enter by 4pm on November 30<sup>th</sup>. \$ 30 on race day ! Race day registration is from 7-8am. Registration Forms and donations can be mailed or delivered to: Ragged Mountain Running Shop, #3 Elliewood Ave., Charlottesville, VA., 22903. CTC Member Discount - \$ 1.00

*A Free official Men's Four Miler Technical Wicking shirt to all entrants !*

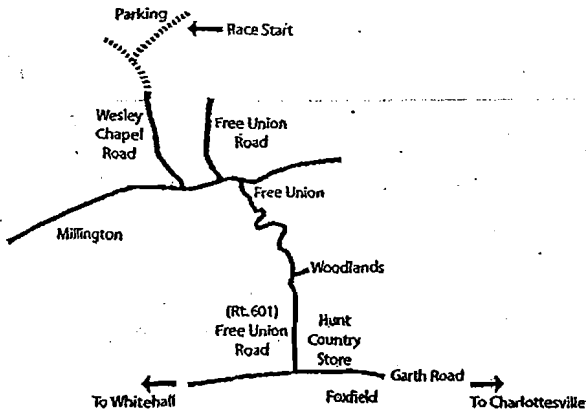
The **Top Three** overall finishers will receive special merchandise awards. Prizes will be awarded to placers in the following Age Groups : 10 & younger, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45,49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & over.

**TEAMS :** You may choose to enter as part of a team which can be a lot of fun ! Teams must have a minimum of 4 and a 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) to Ragged Mountain by November 27<sup>th</sup> @ 6pm. Please note your category: 1-Open (any age), 2-Masters I (all members 40+), 3-Masters II (all members 50+), 4-Family (all members related). Prizes will be awarded to the top teams !

**FREE PARKING** will be available courtesy of the McIntosh Family (see map). In case of inclement weather (ice or snow) on race day call 977-7208 (race morning only) or listen to WINA am1070 for race status and details.



**Run or Walk....Please Join Us !**



**Directions:** Head west on Garth Rd. Turn right onto Free Union Rd.(Rt 601). Bear left at Maupin's Store in Free Union. Take your next left onto Millington Rd. Pass Free Union Baptist Church on the Right and take the next right onto Wesley Chapel Rd.

**COURSE:** This gently rolling course takes the runners along a beautiful country road featuring panoramic views of the mountains for 2 miles, where it turns around and heads back the same 2 miles to the finish.

**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](http://www.uvaprostate.com).

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

Name (Please Print) \_\_\_\_\_ Age \_\_\_\_\_

Full Mailing Address \_\_\_\_\_

Zip Code \_\_\_\_\_

E-Mail Address \_\_\_\_\_ Phone \_\_\_\_\_

T-Shirt Size (Circle) S M L XL XXL CTC Member ? Yes No

Yes, I would like to give \$ \_\_\_\_\_ beyond the entry fee for Prostate Cancer programs.

**WAIVER (You must sign)** I do hereby release the University of Virginia, The CTC, The Department of Urology at UVa , The Ragged mountain Running Shop and all other sponsors and race day volunteers from any liability due to an injury that I should incur traveling to, during or traveling from the 2007 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 or Adult Guardian (If under 18) \_\_\_\_\_

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

Please make checks payable to: UVa Urology – Men's Four Miler

\$25 if registered by November 30<sup>th</sup>.....\$30 on race day !

*Donations (for Prostate Cancer programs) beyond the entry fee are greatly appreciated !*