

The Charlottesville Track Club proudly presents
The 29th Annual

Charlottesville Women's Four Miler

Saturday, September 3, 2011

An All-Women's Benefit Run for the UVA Breast Care Program



"For those whose lives have collided with breast cancer, the Four Miler provides a cherished opportunity to honor loved ones, fight back, and live strong."

-Kristen Smith Bain,
Multi-year participant

The Cause

Thanks to you, last year's event raised a record \$335,000 for the UVA Cancer Center Breast Care Program, which has made an incredible impact right here in our community.

Here's just a sampling of what these funds have supported in the past year:

- * Mammograms for over 175 women, who would not have been able to afford them otherwise
- * Seed funding for innovative breast cancer research in its earliest stages
- * Supportive breast cancer resources for African American women
- * Care kits and navigation notebooks for over 200 newly diagnosed breast cancer patients
- * Genetic testing for underserved women in our community

Once again, proceeds will benefit the UVA Breast Care Program. This year the goal is to raise \$400,000, and **with your help, we know we can do it**. If each entrant were to ask **5 friends for \$25 each**, then we could surpass this incredible goal! To learn more about the cause, visit our website, www.womens4miler.com.

When

Saturday, September 3, 2011
Arrival: 6:30 am
Staging: 7:30 am
Race Start: 8:00 am Sharp!

The road to Foxfield closes at 7:45 am sharp!
Participants will be staged in pace groups beginning at 7:30 am, so don't be late!
Help our volunteers by arriving early!

Where

Foxfield (Garth Road)
The road will be closed to all vehicular traffic from 7:45 am until 9:30 am.
Please arrive by 6:30 am to avoid traffic congestion and **plan to carpool**.

Deadline

Race registration will close when we reach 3,500 entrants. Last year registration closed two days after the entries became available, so please return your entry **ASAP**. No race day entries!

Gold, Silver & Bronze Race Sponsors



ACAC ● The Daily Progress ● Pampered Pets
Papa John's Pizza ● Pepsi ● Ragged Mountain Running Shop
Shenandoah Water ● Sir Speedy Printing ● UVA Imaging

All of our sponsors have strong and loyal ties to our community. To see a complete list of all of our race sponsors, please visit our website www.womens4miler.com

REGISTER ON-LINE
www.womens4miler.com

"It isn't about winning the race in this Four Miler, it's about winning the FIGHT against breast cancer."

-Alice Carpenter,
Multi-year participant

RACE INFORMATION

Race Fees

Charlottesville Track Club Members - \$44 Non Charlottesville Track Club Members - \$45

Contributions beyond the suggested race entry fee are greatly appreciated!

Create Your Own Fundraising Team!

Find out how you and your friends can create a fundraising team at www.womens4miler.com.

Race Day Volunteers (Please Sign-Up Today!)

Last year over 350 individuals helped on race day with course monitoring, water stops, refreshments, parking and finish line duties. All volunteers receive a free Nike Dri-Fit t-shirt. Encourage your family and friends to volunteer. To sign up, call 434-293-6115.

A special thanks to Dr. Robert Wilder and the UVA Runner's Clinic for providing race day medical coverage.

Contact Us

434-293-6115 or info@womens4miler.com

PACKET PICK-UP *LOCATION CHANGE*

All entrants should pick up their race packet on **Friday, September 2, 2011** from **5-8 pm** at **John Paul Jones Arena**, 295 Massie Road, Charlottesville. You may have a friend pick up your packet. Directions and more information will follow in your confirmation letter. If you have any questions, please call 434-293-6115. Please do not call John Paul Jones Arena.

MOTIVATIONAL MILE

A special race tradition is the posting along the race's last mile of names of loved ones and friends who have battled cancer. Many participants say this is one of the most memorable aspects of the event. To include the name of someone close to you, complete the Motivational Mile section on the entry form or on-line. Submit your donation of \$50 per name by August 15.

RUNNING TEAM COMPETITION

Racing on a team is fun, so grab some of your running friends and form your own Four Miler team.

Prizes will be awarded to the top teams. **Entry requirements:**

1. Each individual needs to fill out and submit their own individual race entry form.
2. By August 15, team coordinators need to submit the name of their team and a complete list of all individuals on the team to Charlottesville Women's Four Miler, PO Box 800773, Charlottesville, VA 22908 or on-line at www.womens4miler.com.

Teams that do not submit their full rosters by August 15 will automatically be disqualified.

3. A minimum of 4 and a maximum of 8 are allowed on each team.

MOTHER/DAUGHTER TEAM COMPETITION

Mothers and daughters can run together as a team. Prizes will be awarded to the top teams. Results will be based on combined finishing times of fastest mother and daughter team. **Entry requirements:**

1. Each individual needs to fill out and submit their own individual race entry form.
2. By August 16, teams need to submit the name of their team and a complete list of all individuals on the team to Charlottesville Women's Four Miler, PO Box 800773, Charlottesville, VA 22908 or online at www.womens4miler.com.

AWARDS

Overall and Age Group Awards

The awards ceremony begins around 9:30 am. For the 11th straight year, Nike, the race's official athletic shoe sponsor, has donated prizes for the Top 3 Overall and for all Age Group placers (proportionate to the number of entrants in each age division). Age groups are as follows: 10 & under, 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, and 75 & over.

"Grab Bag" Prizes

All finishers are eligible to win a great prize - generously donated by area merchants - during the awards ceremony. Last year more than 50 wonderful prizes were given away. You must be present to win.