

Komen Race for the Cure

Join us for the 2009 Komen Tidewater Race for the Cure held on Saturday, October 17th at the Virginia Beach Oceanfront.

The Susan G. Komen Race for the Cure® Series, the largest series of 5K runs/fitness walks in the world, raises significant funds and awareness for the fight against breast cancer, celebrates breast cancer survivorship and honors those who have lost their battle with the disease. Since its inception in 1983, the Komen Race for the Cure series has grown from one local Race with 800 participants to a global series of more than 120 Races with more than 1 million people expected to participate in 2009.

The Komen Race for the Cure is a unique event, designed and implemented to promote positive awareness, education and early detection of breast cancer. It has proved to be an enormously effective way to reach many women and men with the message that breast cancer is not necessarily fatal if mammography and breast self-exam become routine. As well as being a road race for runners, the Komen Race for the Cure is an emotionally charged event that attracts many first timers and recreational runners. The Komen Race for the Cure is an opportunity for thousands of women, men and their families, running or walking, to spread the breast cancer message within their communities.

Up to 75 percent of the funds raised at the Race remain here in San Diego to provide breast health research, diagnostics, screening, treatment, services and education for uninsured or underinsured women. The remaining 25 percent goes to fund national research to discover the causes of breast cancer and, ultimately, its cures.

Why we need your support:

Every step counts! Your donation provides women and men in Tidewater/Southeast Virginia with services that have literally saved lives. You help make the following programs possible:

- Free mammograms and diagnostics
- Medical treatment for qualified breast cancer patients who cannot afford care, including surgery, chemotherapy, and radiation
- Support services including support groups, assistance with finding financial resources, prescription refills and transportation to medical appointments
- Education about the warning signs of breast cancer, methods of early detection and the latest treatment options
- Cutting edge research to find a cure for breast cancer

Up to 75 percent of net proceeds are used for local programs like those listed above, with 25 percent used to fund breast cancer research.

Race Divisions

Competitive 5K Division– TIMED

If you want an official race time and finish place, and to be eligible for awards in the 5K Race, register for the 5K Competitive Division. You will be timed by a computer chip that is coded to your bib number and worn on the ankle. As you step over the finish-line mat, your time is electronically computed. For safety reasons, strollers and joggers are not permitted in this event.

You must return the chip after the race or you will be fined a \$25 surcharge.

Race results will be available online on the Monday following the race.

Note: An additional chip rental fee of \$2 may apply depending upon your registration type.

Recreational 5K and One-Mile Fun Walk

If you're just looking for fun, the 5K Recreational Division or the One-Mile Family Fun Walk is for you. A large finish-line clock will be visible to all Recreational 5K participants, so you can still get your unofficial time for the event!

For safety reasons, strollers and joggers are not permitted in the 5K event.

Kids for the Cure®

The newest event in our schedule, Kids for the Cure®, offers young children (ages 3-10) a way to have fun and actively express their support for the women in their lives.

Activities include a short "dash," games, and goodies. Children will receive a special Kids for the Cure® T-shirt for their participation. Children MUST be accompanied by an adult.



Race Entry Fees

All entry fees include a Race for the Cure® T-shirt and refreshments on Race Day. Product samples from sponsors are also available on Race Day. There is no confirmation of registration, and entry fees are nonrefundable.

You can save money (and help us save time) by registering online at our secure site. While a small processing fee applies to online registrations, it is still more cost effective to register online.

Kids for the Cure® – \$5

All children ages 3 thru 10 may participate in the Kids Dash.

Standard Runner –

Team Participant – Early Online Registration - \$20 (deadline TBA)

Participants in this runner category who register for the 5K Competitive Race will pay a \$2 timing chip rental fee in addition to the fees noted above.

Teams –

Groups of 10 or more may form a team; enlist your organization, school, church, neighborhood, family, friends, etc. Team members do not have to participate in the same event. Teams may include Standard Runners, **In the Pink®** Runners, VIP Pink Ribbon Runners, and Spirit Runners. Kids for the Cure® participants can be part of a team but will not be counted toward the team minimum.

Participants in this runner category who register for the 5K Competitive Race will pay a \$2 timing chip rental fee in addition to the fees noted above.

For more information about teams, see

[**Race Registration \(Teams\).**](#)

In the Pink® Runner – \$50

Register as an **In the Pink®** Runner, and your registration fee includes race entry and a special gift for your extra contribution. Pick up your gift on Race Day at the **In the Pink®** booth.

VIP Pink Ribbon Runner – \$100

In recognition of your participation at this level, VIP Pink Ribbon Runners will receive a complimentary race entry and VIP parking, and your name will be posted on a sign along the race route. VIP parking instructions will be forwarded prior to Race Day.

Spirit Runner (individual) – \$30

Spirit Runner (team) – \$25

Can't be there to participate in the race but want to support the cause? Register as a Spirit Runner, and, in addition to supporting a great cause, you'll receive a Race for the Cure® T-shirt.

Race for the Cure Event Activities

7:00 – 8:15 am Registration and Packet Pick-up for 5K Competitive Race

7:00 – 8:45 am Registration and Packet Pick-up All Other Events

7:45 am Survivor Group Photo

7:55 am Opening Ceremonies and Survivor parade

8:30 am – Competitive 5K Race – Wheelchair

8:35 am – Competitive 5K Race (chip timed)

9:00 am – Recreational 5K Race (self-timed) run/walk

9:25 am – 1 Mile Family Fun Walk

50@10:00 am – Kids for the Cure Yard Dash

10:15 am – Awards Ceremony

FAQ

What time should I get there? Registration and packet pick-up, for those who have not registered or picked up their Race shirt and packet, begins at 7:00 a.m. Opening ceremonies and Survivor Parade start at 7:55 am.

What happens if it rains? The Race will occur rain or shine. Cancellation will occur only due to extreme circumstances, in which case there will not be any refunds and your payment will be used as a donation.

Can I still turn in money for my pledges and donations at the Race? Pledges will be collected and counted through October 31st.

Where do I get my Pledge prize? Pledge prizes will be available for pickup at the Komen Tidewater office Monday - Friday from 10-4.

I forgot to order a plant, can I get one at the Race? Yes, our sponsor will have a limited number of plants available for purchase at the Race.

Can I bring my dog? Due to hygiene and safety concerns dogs are not allowed in the Race.

My friend just found out she has breast cancer but is in treatment and can't run or walk now. Can she still be part of the Race? Yes! We count each person a survivor from the moment they are diagnosed with breast cancer. Your friend will gather a lot of strength from meeting the huge variety of women who have finished treatment. There is a special Survivor Tent just for breast cancer survivors and a celebratory Survivor Parade. If your friend cannot walk or run, you might want to consider pushing them in a wheelchair or cheering for others.

I have to work, live too far away, or would rather just sleep late but still want to support the Komen Tidewater Race for the Cure. No problem! We have Sleep In for the Cure and Spirit Runner participation options for people in any of these situations. Sleep-In for the Cure participants will receive a pillowcase. Spirit Runner participants will receive a Race t-shirt.

Komen Tidewater Race for the Cure®

Course Map

Distance

3.12 miles/ 5.02 km

Location Start:

Oceanfront Inn Entrance

Description:

Start at entrance to the Oceanfront Inn (188 ft South of 31st Street on Atlantic Ave).

Turn left on 8th Street, continue to Boardwalk, turn left again.

Finish 174 feet South of Intersection of 31st Street.

1 Mile Marker: 129' N of 15th Street

2 Mile Marker: 54' N of Va. Beach Fishing Pier

3 Mile Marker Intersection with 29th Street

**Boardwalk
Atlantic**

