

This year's race in memory of Whitney Watkins



Fourth Annual Leonard E. Warren Memorial

Run From The Sun

5K Run/Walk • 1-Mile Fun Run

Free Skin-Cancer Screening/CoolMax T-Shirt

5:30 p.m. Saturday, April 14, 2007

Downtown Jackson, MS

Door Prizes!
Including
1 Apple iPod

RACE INFORMATION

LOCATION: Race begins and ends in front of The Clarion-Ledger on Congress Street in downtown Jackson, Miss. Take the Pearl St. Exit off I-55.

REGISTRATION: Pre-register by mail, postmarked no later than Monday, April 9, 2007.

Race-day registration begins at 3:30 p.m. in front of The Clarion-Ledger on Congress Street in Jackson. Pre-registration is \$15 and the race-day fee is \$20 for both races. Family maximum is \$35 (pre-registration only) and applies to immediate family only (parents and children). The Leonard E. Warren Melanoma Foundation will not be responsible for race packets, t-shirts or awards not claimed on race day.

AWARDS & AGE GROUPS: Award ceremony will be held at the Start/Finish area.

5K Run and Walk: Overall male and female in Open, Masters, Grand Masters, Senior Masters divisions; first, second and third in age groups.

One Mile Fun Run: Awards will be given to overall male and female and first, second and third in age groups.

Age groups for 5K run:

Male – 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 and over.

Female – 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50 and over.

Age groups for 5K walk: Male and female – 0-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and over.

Age groups for One Mile: Male and female – 0-5, 6-7, 8-9, 10-11, 12-13, 14-15.

MELANOMA FACTS, PREVENTION TIPS*

- Melanoma appears as a pre-existing mole that changes, or as a new mole on previously unaffected/clear skin.
- More than 80% of skin cancer deaths are from melanoma.
- Melanoma can arise at any age but most commonly occurs after puberty.
- Melanoma is the sixth most common cancer in men and the seventh most common in women.
- When melanoma is detected at its early stage, surgical removal cures the disease in most cases. If the disease has spread to lymph nodes, the 5-year survival rate is 30-40%. If the disease has spread to distant organs (liver, bones, brain, etc.)

the 5-year survival rate is 12%.

- Genetic factors are the most important of the known risk factors, including the familial tendency to develop melanoma, prominent moles, and atypical moles.
- Avoid deliberate excessive exposure such as sunbathing or days at the beach.
- Wear a wide-brimmed hat, UV-blocking sunglasses and protective clothing when you are out in the sun.
- Use a sunscreen (lotion, gel, cream, wax stick) with a Sun Protective Factor (SPF) of 15 or higher, and preferably a "broad spectrum" sunscreen that blocks both UVA and UVB radiation.

*Source: American Academy of Dermatology

Leonard E. Warren Memorial Run From The Sun

5:30 p.m. Saturday, April 14, 2007

To register, please complete the form and mail with payment to:
Run From The Sun, 86 Sunline Drive, Brandon, MS 39042.

Name _____ Age (on 4/14/2007) _____ Sex _____

Address _____ Phone _____

City/State/Zip _____ Email _____

Shirt Size: XS S M L XL XXL(\$2 Extra) Event (Circle one): 5K Run 5K Walk Fun Run

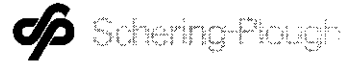
Waiver: In consideration of this entry acceptance, I hereby for myself, my heirs, executors and administrators, waive any and all rights and claims to damages I may have against The Leonard E. Warren Melanoma Foundation, MTC, and any other individuals or entities connected with the sponsoring or organizing of this event, and for any injuries, loss or death sustained by me. I am in good physical condition for this event.

Signature _____ Date _____

SPONSORS



BlueCross BlueShield
of Mississippi

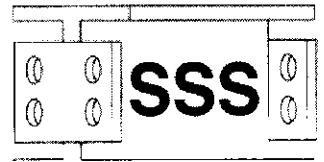


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