



Saturday, October 15, 2011

Starts and finishes at the James E. Cary Cancer Center
5985 Hospital Drive ~ Hannibal, MO

Featuring your choice of 5K Walk, 5K Run, 18 mile Bike route or 50 mile Bike route

Helmets required for all bike routes

Registration fee

\$25 (until 10/1/11)

\$30 (10/1/11 thru 10/15/11)

Pre-event check-in & Packet pick up:

Friday, October 14, 2011 from 4pm to 7pm at the James E. Cary Cancer Center

On-site Registration: 7:00AM to 9AM

Start Times:

50 Mile Bike: 8:00 AM

18 Mile Bike: 9:30 AM

5K Walk / 5K Run: 9:35 AM

Sponsored by:



All proceeds will benefit the American Cancer Society breast cancer awareness programs & services in Northeast Missouri.

Make checks payable to: **Northeast Missouri Breast Cancer Fund**

and return bottom portion to:

Run or Ride for the Ribbon

c/o: **General Mills Special Events**

PO Box 1499

Hannibal, MO 63401

For more information, call: (573) 221-4661

Online registration also available at: www.active.com or www.fortherribbon.com

(Individuals under 18 will need guardian signature)

Name: _____ Gender: M F

Address: _____

Age Group: 12 and Under 12 to 17 18 to 25 26 to 34 35 to 49 50 and over

Birthdate: _____ Walk Run 18 Mile Bike 50 Mile Bike

Email: _____

T-Shirt Size: S M L XL 2X 3X (Tshirts not guaranteed for day-of registrants)

Signature: _____ Date: _____

Release and Waiver of Liability: I, the above signed, in consideration of the opportunity to participate and the acceptance of my entry in this event, intending to be legally bound, do hereby, on behalf of myself, my heirs, legal and personal representatives, release, waive, and forever discharge any and all claims for injuries and damages to my person or property, including any and all claims for such injuries and damages resulting from negligent acts or conduct, and including any and all causes of action relating thereto, which I might have or shall ever have against General Mills, The American Cancer Society, and Hannibal Regional Hospital / James E. Cary Cancer Center and their affiliates, officers, employees, representatives, and successors, and the affiliates, officers, employees, representatives, and successors of Run or Ride for the Ribbon. I further state that I have sufficiently trained for and that I am in proper physical condition to participate in this event. I further acknowledge that I am aware of and voluntarily assume the risks inherent in participating in this event. I further grant authorization for the free use of my name and/or photographs, videotapes, motion pictures, recordings or any other record or transcription of my participation in this event, including, but not limited to, advertisements, publicity, or other media accounts pertaining to this event.