

ROCHESTER COURAGE FOR LIFE

**5K WALK/RUN
ENTRY FORM**

Name: _____

Address: _____

City: _____

Phone : _____

Age (On day of race): _____

Sex: M or F (Circle One)

Shirt Size (Adult): _____

(First 100 registered participants receive a race t-shirt, others while supplies last)

PAYMENT: \$15.00 Donation

CHECKS MADE PAYABLE TO:

***The John Challis- Courage for Life
Foundation***

Race waiver and release (Participant must sign in order to be eligible to participate in race): I, the undersigned, assume full and complete responsibility for any injury or accident which may occur during my participation in the event or while I am on the premises of the event. I the undersigned declare that myself, my heirs, executors, administrators and assigns waive and release any and all rights and claims for damages I may have and all injuries suffered by me of any nature. I understand that a foot race may be a hazardous activity and I certify that I am properly trained and that my physical ability to participate has been confirmed by a licensed medical doctor.

SIGNATURE: _____

PARENT/ GUARDIAN: _____
(If participant is under AGE 18)

DATE: _____



**1st Annual
Rochester
Courage for
Life 5k Walk/
Run**



Saturday, April 28, 2012

Race starts at 9:00 am

Registration opens at 7:30am

Rochester Riverfront Park

Rochester, PA

For more info call 412-908-9746

What is Courage for Life?

John Challis was a junior at Freedom High School when he was diagnosed with Hepatocellular Carcinoma in June 2006. In spite of his terminal illness, John had an incredibly large heart and a positive outlook on life. He spoke exactly what was on his mind and was an incredible individual. Most of all he loved baseball. Unfortunately, John lost his battle to cancer in August 2008. Towards the end of his life, John was blessed with opportunities to meet some of his biggest heroes and was able to live out a number of childhood dreams. However there was one wish that John really wanted to see come true before he left us. He wanted other kids with life threatening illnesses to experience the same things he had experienced. John Challis also had a saying that will forever be in my heart: Courage + Believe= Life. From those ideas, the Courage for Life Foundation was born. The Courage for Life Foundation was created to provide life encouraging athletic experiences and community support for high school athletes with life threatening illnesses.



Why I chose this foundation?

During the summer, I was recruited by the Baseball Factory. They invited me to try out for the Under Armour National Team. I was one of the two kids from Pennsylvania to make the team. Now there was a bigger problem... the money. How was I going to get there, my mom asked? I told her I would fundraise or do anything just so I could go to Arizona to play on this baseball team. So my mom and some friends started spreading the news that I wanted to fundraise. Then one day out of nowhere, my girlfriend's mom went into a shop to ask for donations with one of her friends. They began to tell the manager my story and how I was sick and how I now made it to a national team. Coincidentally one of the members of the Courage for Life Foundation overheard the conversation. This member then explained what they could do for not only me, but for my family as well. She told them that she would have to confirm it with the rest of the board. A couple hours later she called back and told my girlfriend's mom that I WAS GOING TO ARIZONA and I COULD BRING MY WHOLE FAMILY. The Foundation paid for everything.

I chose for the proceeds of the race to go to the John Challis Courage for Life Foundation to say thanks for all of their kindness and generosity. If it wasn't for them, I would have never been made it to Arizona. Thank you for letting me fulfill my dream!



ALL ENTRIES FORMS AND PAYMENTS CAN BE GIVEN OR SENT TO:

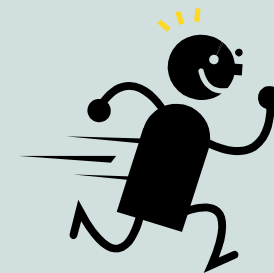
Alente Johnson
540 Reno Street
Rochester, PA 15074

Mark Vukovcan
540 Reno Street
Rochester, PA 15074

Tony Ziegler
540 Reno Street
Rochester, PA 15074

DIVISIONS AND PRIZES:

- **5K RACE DIVISIONS-**
Men and Women Age Groups: Under 12, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60+.
- **OVERALL-** Winner 5K- Male and Female will receive a trophy
- **DIVISION WINNER PRIZES-** 1st, 2nd, and 3rd place in each category will receive medals.



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