

## A Run Towards the Cure



## The Power of 10

Last year the AISL community embarked upon a historical and significant cause when over 600 participants ran in the 1st annual A Run Towards the Cure run/walk. Your combined efforts and support helped to raise over N 9 million and made it possible for the Run committee to purchase a mammogram machine for the Women and Children's Hospital of Calabar and donate \$3,000 to the Susan G. Komen Foundation. This year's theme is the Power of 10 in commemoration of our new decade. If each of the 600 participants collects pledges or registration from at least 10 people, this year, we could not only double our gift to the Susan G. Komen Foundation, but we could purchase a mammogram machine for a hospital in Lagos, Nigeria, as well as support the running of the breast cancer ward in Calabar.



As we all know, breast cancer is a disease that claims the lives of millions of women and -while not in the same proportion- men as well. Breast cancer is 90% treatable when detected early. Unfortunately, for a majority of Nigerian women, early detection is not a luxury they can afford. 80% of breast cancer patients in Nigeria die because it is detected too late. We can change this.

The race is set for Saturday, March 20, 2010, at 7 am, rain or shine. Registration forms can be downloaded off of the American International School of Lagos website at [www.aislagos.org](http://www.aislagos.org) or picked up at the AIS business office. Registration is N5000 per participant on or before March 15 and N6000 after March 15. If you register on or before March 15, you will receive your *A Run Towards the Cure* t-shirt before race day.

In the past, participants have formed teams within their organization and designed their own team t-shirt- most times in remembrance of someone who has survived or passed away from breast cancer. Also, in the spirit of friendly competition, there will be a trophy awarded to the team that raises the most money and a trophy awarded to the team that has the most creative t-shirt. Your team could win both!

For every registrant, \$5 will be donated to the Susan G. Komen Foundation. This will help continue the research that is globally beneficial. The remainder of the money will be used for the purchase of a mammogram machine, which will be donated to a hospital in Lagos, Nigeria, and to the functioning of the breast cancer ward at the Women and Children's Hospital of Calabar.

Early detection is the best cure. With your help, we can turn the mortality rate into the survival rate.

Sincerely yours,

Ebele Mbanugo  
Race Director

[enwankwo@aislagos.com](mailto:enwankwo@aislagos.com) 0808 185 8386

# A RUN TOWARDS THE CURE



## REGISTRATION FORM (ONE ENTRY PER FORM)

Remit checks to The American International School of Lagos. Please indicate on the check that it is for *A Run Towards the Cure*. **Early registration closes on March 15. A registration card will be given once registration has been paid.**

Please Print

**Team Name:**

**Last Name :**

**First Name:**

**Email:**

**Contact Address:**

**Phone Number: home**

**mobile**

**Current Age:**

**Gender:**

**Male**

**Female**

**Breast Cancer Survivor: Yes**

**No**

**Registration Fees:**

**N 5000 Run/Walk (before March 15) N 6000 (after March 15) (includes race shirt, bottles of water-"**

**Donation \_\_\_\_\_ (amount)**

**Waiver and release of claims**

I understand that my consent to these provisions is given in consideration for being permitted to participate in this Event. I further understand that I may be removed from this competition if I do not follow all the rules of this Event. I am voluntarily participating in this Event and I am in good physical condition. I know this event can be potentially hazardous and hereby assume all responsibility for the risk of any injury or accident that might occur. I, myself, family members, nor associates will file suit against the organizers or sponsors of this event for any injuries or damages I might assume during the event or on the premises of the event. This applies to any loss, injury, damage suffered by others or me. This includes falls, contact with fixed or non-fixed objects, other participants, animals, and risks not known to me or not reasonably foreseeable at this time, or otherwise.

**I understand the waiver release and with my signature I give unconditional release of liability to the greatest extent allowed by the law.**

\_\_\_\_\_  
Participant Signature & Date

\_\_\_\_\_  
Parent's or Guardian signature (If under 18 yrs.)

**\*\*\*For safety purposes, please do not bring pets or rollerblades.\*\*\***

**\*\*\*Emergency medical care will be available at the race site.\*\*\***

**, , , 'If you register on or before March 15, you will receive your race day t-shirt before the race day.**

# RACE DAY DETAILS



**A Run Towards the Cure**

**March 20, 2010 at 7 am**

\*\*\* Bring your registration card on the day of the run.

\*\*\* There will be no adult supervision at the run site, children can only be accompanied by their parents.

## Run Location

**The American International School of Lagos Field**

**Behind 1004 Federal Estates**

**Victoria Island, Lagos**

### Run/Walk Day Schedule:

**6:30 am – registration table is open**

**7:00 am – Hospitality Tents open (pre-race snacks and participant packet pick-up)**

**7:30 am - registration officially closes**

**7:30 am – Opening ceremonies and warm-up**

**8:00 am (prompt)- run/walk begins**

**9:30 am –Closing and Awards Ceremony (post-race pastries for participants only)**

*-best team t-shirt*

*-company to raise the most funds*

*-first place female*

*-first place male*

*-first place elementary student*

*-first place middle school student*

*-first place high school student*

*-over 60*

*-perseverance*

*-team to raise the most funds*

**Parking**-Parking will be available on a first-come-first served basis. Carpooling would be more convenient. Parking will be available in the 1004 parking lot.

**For any questions contact:**

**Ebele Mbanugo at [enwankwo@aislagos.com](mailto:enwankwo@aislagos.com)**

We want men, women, and children to be active participants of the run/walk. Breast cancer affects us all.

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## Design Your Team-T-Shirt

Patricia Ojora is the owner of PROMOPRINT VENTURES LTD. She has designed shirts for AISL's Camp Learned- A- Lot, international trips, and spirit shirts. She uses high quality t-shirts and can print just about any design.

### PROMOPRINT VENTURES LTD

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