

What is Conquer a Cove ?

It's more than just a race; it's a stride towards conquering cancer. 1 Over one million people get cancer each year. Approximately one out of every two American men and one out of every three American women will have some type of cancer at some point in their lifetime. 2 Research has shown that exercise helps not only to influence the overall health of individuals, but also serves as a preventative measure against cancer. Active people are showing a reduction in breast and other cancers by 30 to 60 percent. If a pill were created with that kind of response it would be on the front page! The American Cancer Society recommends 30 minuets of exercise five to seven days a week. Join us for Conquer A Cove and let's break a sweat! 1 American Cancer Society 2 Norwegian Health Study, Nurses Health Study and Women's Health Initiative

Do you, or someone you know have cancer?

Support one another by wearing special race tags—available to those who'd like to walk/run in honor of a cancer survivor, or in memorial of a loved one. Please request your special race tag on the attached registration form.

How does my entry fee help conquer cancer?

Proceeds from Conquer A Cove go to support The Hope Chest for Women, a non-profit organization founded in 2002 by Hope-A Women's Cancer Center. The three main ojectives of this foundation are: to provide help for cancer patients experiencing monetary difficulties as a result of their treatment; to assist in the education of medical students, nurses and residents who are furthering their knowledge in the treatment and prevention of cancer; and to make an impact in the world at large through medical mission outreach programs. Through race proceeds and charitable donations, you are helping to provide hope and wellness to our local and worldwide community of cancer survivors— thank you for your support!

Teach the Children

Conquer A Cove is proud to introduce children of all ages to the life-changing power of regular exercise. The Hope Chest for Women is grateful for the support and use of facilities at Asheville Pisgah Church School and Mount Pisgah Academy. Their commitment to encouraging exercise for all ages is a wonderful example for us all.



RACE DAY

- 1:00-2:15 pm Late Registration & general packet pick-up
- 1:30 pm 1-Mile Fitness Run, awards to follow
- 1:45 pm 1/4 Kids Run
- 2:30 pm 5K Run & Racewalk
- 3:30 pm Awards for 5K Run & Racewalk

REGISTRATION

- **Via mail:** Send attached form with check to The Hope Chest for Women, P.O. Box 16948, Asheville, NC 28816. Additional forms may be printed off our website at [www.mpa.candler.nc.us/apcs/race/](http://www.mpa.candler.nc.us/apcs/race/) **Must be postmarked by April 12.**

- **In person:** Jus' Running at 523 Merrimon Avenue in Asheville, Hope-A Women's Cancer Center at 100 Ridge field Court in Asheville.

COURSE

Conquer A Cove offers a challenging but fun course located in a beautiful cove on the outskirts of Asheville, NC. The 5K Run & Racewalk winds through the Mount Pisgah Academy campus and Holcombe Cove, ending on a gentle downhill for a fast finish. The 5K Racewalk is in conjuncture with the 5K Run and is an honor-system event- please, no running. **For safety, no strollers, dogs, skates, headphones etc. on race course- thank you.**

DIRECTIONS

Take I-40 to Enka/Candler exit 44, turn right onto 19/23, immediately turn right before McDonalds, turn right at 4-way stop onto Monte Vista, go 1.8 miles, turn right onto Holcombe Cove Road, Mount Pisgah Academy is on the right.

WHAT'S NEW

- **Teams:** Sign up with a team, and choose a team leader to make a difference fundraising for The Hope Chest for Women. Teams should consist of 8-10 people and prizes will be awarded for the top three fundraising teams. All donations will be collected on the day of the race at 1:00 pm. All teams must pre-register. Team registration forms are available upon request. Please call **(828)670-8403** or e-mail [ghawk@hopeawcc.com](mailto:ghawk@hopeawcc.com) for more information.

GET INVOLVED

- **Volunteer:** Help us help others by volunteering! We need volunteers to help the day before the event and at the event. We also need Hope Chest volunteers. Contact Gena Hawk, race coordinator for more information, (828)670-8403.
- **Booths:** Set up a fun, food or information booth on the day of the race. Applications for booths are available by calling Gena Hawk at **(828)670-8403**.



P.O. Box 16948  
Asheville, NC 28816  
828-670-8403



Check us out at:  
[www.mpa.candler.nc.us/apcs/race/](http://www.mpa.candler.nc.us/apcs/race/)

conquerAcove<sup>04</sup>



April 18, 2004

1 Mile Fitness Run  
1:30 pm

1/4 Mile Kid's Run  
2 pm

5K Run & Racewalk  
2:30 pm

Located at  
Mount Pisgah Academy  
Holcombe Cove Road in Candler

Presented by  
The Hope Chest for Women

Don't miss out  
Cash prizes, t-shirts, & more

A WALK/RUN TO  
CONQUER  
CANCER

PRIZES

5K RUN

Category	Award		
Overall Male & Female	1st	2nd	3rd
	\$300	\$200	\$100
	\$100 bonus for breaking course record: Male 15:05:30, Female 19:18:54		
Masters (40+) Male & Female	Special awards to first place finishers		
Age Groups	Medals to top three finishers in each age group		
Cancer Survivors Male and Female	Special awards to first place finishers <i>*Mark entry form for eligibility</i>		

5K RACEWALK

Category	Award
Overall Male & Female	Special awards to first place finishers
Age Groups	Medals to top three finishers in each age group
Cancer Survivors Male and Female	Special awards to first place finishers <i>*Mark entry form for eligibility</i>

I MILE FITNESS RUN

Category	Award
Overall Male & Female <i>18 and under</i>	Special awards to top three finishers
Age Groups	Medals to first place finishers in each age group

No double prizes will be awarded.

2003 Conquerors

Your Name Could Be Here!

5K Run

CATAGORY	MALE	FEMALE
Overall	Chad Newton (15:24)	Jenny Warfford (18:19)
Masters	Jim Hoer (17:53)	Diane Wilson (22:49)
Cancer Survivors	Jeff Berman (26:29)	Kathy Kanupp (29:43)
1-10	Guerin Williams	Lauren Lindholme
11-14	Josey Weaver	Lillian Williams
15-19	Bryce Martin	Francis Tate
20-24	Curtis Rowe	Myron Durney
25-29	Bailey Brock	Maureen Kavanaugh
30-34	Scott Laws	Carla Coffey
35-39	Randy Ashley	Michelle Richardson
40-44	Phil Shaefer	Janet Green
45-49	Warl Malaty	Carol Byrd
50-54	Glen Farr	Sue Maggart
55-59	Rick Taylor	Ann Joyner
60-64	Dick Duccini	—
65-69	Dan Fields	—
70+	Charles Dotson	—

5K Race Walk

CATAGORY	MALE	FEMALE
Overall	Larry Seymour (32:42)	Ingrid Birkeland (33:48)
Cancer Survivors	Jay Pintacuda (44:58)	Doris Crawford (45:25)
1-19	Paul Constanzo	Megan Simmons
20-29	—	Kelley Gilmore
30-39	Steve Hoyle	Erin Miller
40-49	Anthony Allen	Katherine Fincher
50-59	—	Barbara Taylor
60-69	David Lawter	Carolyn Bryan

Last Year’s Race Sponsors

Platinum

Dennis Campbell, D.D.S  
Hope-A Women’s Cancer Center  
Mountain Radiology & Oncology  
Park Ridge Hospital

Gold

Asheville Children’s Medical Center  
Clark Communications  
Creative Element  
Foster S.D.A. Church  
Genentech  
Mike Davis & Students  
Mountain Valley Spring Water  
N. McDonald Construction Co.  
Ortho Biotech  
Pisgah Valley Retirement Community  
Q-Matic  
Taylor & Murphy Construction Co.

Silver

Amgen  
Aventis Oncology  
Combined Therapy Specialties  
Jus’ Running  
Roche Laboratories  
Roeder Orthodontics  
Scott Thomas, D.D.S.  
Sea Scapes, Inc.  
Thomas L. Morton, D.D.S. &  
Thomas L. Morton Jr., D.D.S.

Bronze

Asheville North S.D.A. Church  
Carolina Conference of S.D.A.  
Carolina Lawn & Landscape  
Groce Funeral Home  
James & Irene Russell  
Mount Pisgah Academy S.D.A. Church  
Myron Gottfried, D.D.S.  
Oncology Supply  
Thomas E. Farris, D.D.S.

Want to make strides BEYOND the finish line?  
Become a sponsor by contacting  
The Hope Chest for Women at (828) 670-8403.

Entry Form

One form per entrant

Name\_\_\_\_\_

Date of Birth\_\_\_\_\_Sex\_\_\_\_\_

Street\_\_\_\_\_

City\_\_\_\_\_State\_\_\_\_\_Zip\_\_\_\_\_

Phone\_\_\_\_\_E-mail\_\_\_\_\_

Check the appropriate t-shirt size:

\_\_Child Medium \_\_Small \_\_Medium \_\_Large \_\_X-Large

Are you a cancer survivor? \_\_\_\_\_

I am walking/running in honor of \_\_\_\_\_

I am walking/running in memory of \_\_\_\_\_

**\*Are you a member of a fundraising team? If so, provide team captain’s name** \_\_\_\_\_

Check the appropriate event:

Event	Early Entry Fee Before April 12	Late Entry Fee After April 12
5K Run	_____ \$20	_____ \$25
5K Racewalk	_____ \$20	_____ \$25
1 Mile Fitness Run	_____ \$10	_____ \$15
1/4 Mile Kid's Run	FREE- No Registration Required	
Total Enclosed \$ _____		

Make check payable to **The Hope Chest for Women**  
and mail with entry form to:  
**Conquer A Cove**  
**P.O. Box 16948 • Asheville, NC 28816**

Waiver: Upon acceptance of my entry, I, for myself, my heirs & assigns, hereby release the sponsors (to include, but not limited to) The Hope Chest for Women, Hope-A Women’s Cancer Center, Asheville Pisgah Church School, Mount Pisgah Academy, Carolina Conference of Seventh-day Adventists and any and all sponsors not named in this waiver, officials and volunteers of the Conquer A Cove 5K Run & Racewalk, 1 Mile Fitness Run & 1/4 Mile Kid’s Run from any and all liability arising from illness, injury or death I may suffer as a result of my participation in this event. I attest that I am physically able and sufficiently trained for this event and am aware that participation in this even could result in physical injury. Should officials determine that completion of the event would be injurious to my health, I consent to be removed from the event and treated by designated medical personnel. I agree to accept the decisions of the officials as final. I also give permission for the free use of my name and picture in any broadcast, telecast, or written account of the race.

Signature \_\_\_\_\_ Date\_\_\_\_\_

Parent/Guardian (if under18)\_\_\_\_\_ Date\_\_\_\_\_