



## 2011 SPONSORS

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360 Blue Properties  
Arbonne  
Carl's Lawn Care  
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Community First Bank  
Dolphin Beach Service  
Encore Medical Staffing  
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Glazed  
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Jacksonville Jaguars  
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ResortQuest  
Senns on Sloan  
Signature of the South Properties  
Tandem  
TD's  
The Esso Club  
Upstate Gymnastics  
Upstate Orthodontists  
Wendy's



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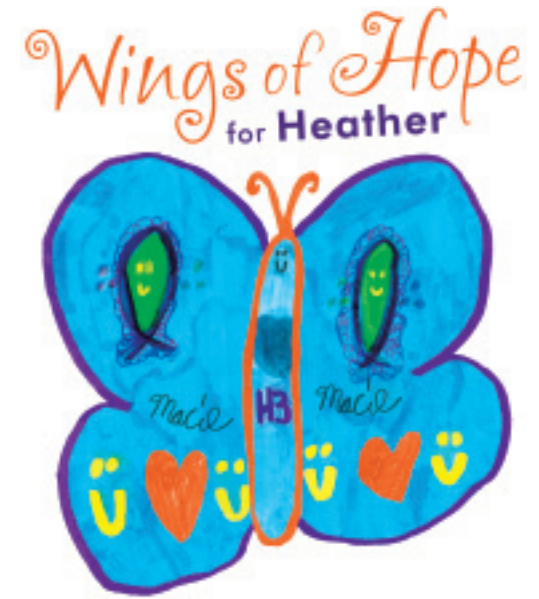
Live Butterfly Release  
9:30 a.m.

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Butterflies may be  
purchased for \$10.00 each.

*The release of the butterflies  
is in memory of Heather  
and her 13 year battle  
with ovarian cancer.*

Ovarian cancer is the leading cause of death from gynecologic cancers in the United States and is the fifth leading cause of cancer death among U.S. women. The American Cancer Society estimates that 21,650 women were diagnosed with ovarian cancer in the U.S. in 2008 and about 15,520 women will die from the disease. It is an insidious disease that can strike without warning or cause.



## 5K RUN/WALK 2011

Saturday  
April 16, 2011  
9:00 a.m.  
Jaycee Park  
Clemson, SC

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Live Butterfly Release  
9:30 a.m.

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## RACE DAY AND REGISTRATION INFORMATION

- Friday, April 15, 2011 Packet Pickup  
12:00 - 8:00 p.m. at Clemson Courtyard Marriott
- Saturday, April 16, 2011  
7:00 a.m. Packet Pickup  
9:00 a.m. Race begins
- Register/Donate online at [www.active.com](http://www.active.com)  
\$25 Pre-registration  
(must be postmarked by April 10th)  
\$30 Race Day Registration  
\$10 Butterfly Purchase
- Raffle winners announced  
(tickets purchased day of race)

## AWARDS

- Awards to overall top male and female finishers.
- Awards to the top male and female in the following categories: 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60+

## AMENITIES

- T-shirts
- Awards Ceremony after the race
- Live butterfly release

## COURSE

- Challenging course winding through Clemson University Campus. Beginning and ending at Jaycee Park in Clemson on Campus Blvd.
- Race time will be posted on [www.runningtime.info](http://www.runningtime.info)



Accommodations at Clemson Courtyard Marriott,  
864.654.8833

## Heather Lynn Grove Wood



There are so many definitions of "Hero" ... our Heather exemplified every one! She was the most courageous person we had the honor of being blessed with in our lives. Every time she got "knocked" down, she always bounced right back up to fight the constant battle that raged inside of her. She fought with grace and dignity until the second God placed wings on her and carried her Home.

It has been said that when an angel touches you, you have an overwhelming feeling of peace, hope and brighter days to come. May all of us be touched by "Wings of Hope" for our Heather Angel!

Proceeds from Wings of Hope for Heather will be donated to the SC Ovarian Cancer Foundation.



SC Ovarian Cancer Foundation

For more information please contact:  
Holly Grove and Heidi Penley,  
*Race Directors*  
864.654.5718  
[wingsofhopeforheather@yahoo.com](mailto:wingsofhopeforheather@yahoo.com)

## Wings of Hope for Heather Application and Disclaimer

Name (Please Print) \_\_\_\_\_

Street Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Email Address \_\_\_\_\_

Phone \_\_\_\_\_

Gender: Male \_\_\_\_\_ Female \_\_\_\_\_

Birthdate: \_\_\_/\_\_\_/\_\_\_ Age on Race Day: \_\_\_\_\_

Circle T-shirt Size: **Adult: S M L XL XXL**

**Youth: XS S M L**

\$25 Pre-registration \*postmarked by April 10, 2011

\$30 Race Day Registration

\$10 Butterfly Purchase

Amount Enclosed: \$ \_\_\_\_\_

Please enter me in the Wings of Hope for Heather 5K Road Race. I realize that the event is strenuous and has the potential to be dangerous and I release the City of Clemson and its representatives from liability. I agree to assume all responsibilities for all risk of damage or injury to me as a participant in this event. In consideration of being accepted as an entrant in the Wings of Hope for Heather Road Race, I hereby, for myself, my heirs, executors and administrators, release and discharge any and all individuals and organizations associated with the race from claims, damages, rights of action, present or future, whether the same be known, anticipated or unanticipated, resulting from or arising out of, or in incident to, my participation in this event. I hereby certify that I will not participate in the Wings of Hope for Heather Road Race unless I am physically fit and sufficiently trained for participation in the race. I also grant permission for use of my name and/or picture in any broadcast, photograph or other account of this race. Baby joggers, strollers and walkers are welcomed but will be started behind the runners for safety reasons.

Signature: \_\_\_\_\_

**Please make checks payable to:**  
Wings of Hope for Heather

**Mail the completed form and check to:**  
Wings of Hope for Heather  
120 Springdale Court • Central, SC 29630

*(Cut, complete and return with your check.)*