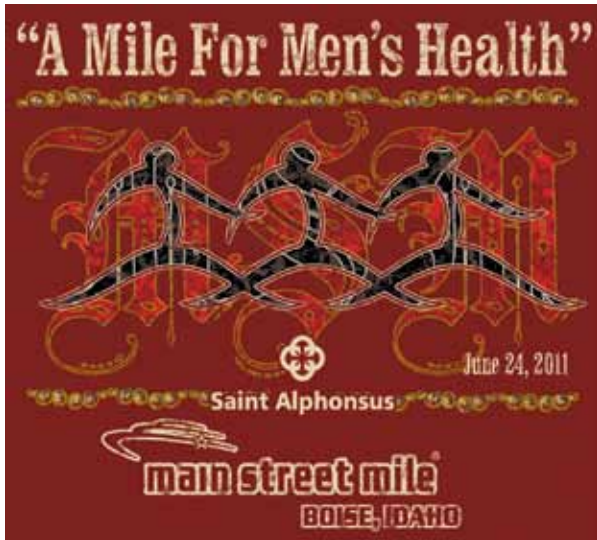




A running and walking event for everyone



Friday
June 24, 2011
6:15 pm
Main Street
Downtown Boise

Presented by
Saint Alphonus
The critical difference™

An event by Rhino Racing



Variety Rock 105.1 Mascot Scamper

An ultra-competitive sprint between your favorite local mascots! Bring the kids out to mingle and have fun with our fuzzy friends as they hang with the crowd before and after their 100m dash up Main Street.



Meadow Gold Children's Half Miler

Just for fun half mile run or walk for the under 10 crowd. They will be led around the course by a Meadow Gold ice cream truck...once they finish, we'll hand out some treats! We encourage parents to join their children as they scamper through the streets. One of the few times it's OK to play in the streets!



Boise Legacy Constructors Mayor's Mile for Everyone

Join Boise Mayor Dave Beiter in this just for fun noncompetitive run, walk and stroll for all ages. Bring out the family! A great way to spend a friendly summer evening in downtown Boise.



Bandanna Prep Mile Showdown

Taking it to the streets! Girls and Boys Competitive timed race for 5th - 12th grade boys and girls.



94.9 The River - Beauty and the Beast Mile

Competitive race for women and men 40 years and over. Hey, at any age it's still fun to play in the streets! Top ten overall men and women finishers receive awards.



Zamzows First Responders Team Challenge

Competitive five person team challenge for police, fire, military and emergency medical personnel. Show your colors and come out racing in full gear! Bragging rights are at stake!



Albertsons Team Mile Challenge

Get your work team together and go after the traveling trophy! Competitive five person team challenge.



KeyBank Open Men's and Women's Mile

Competitive open race for women and men ages 18 and over. Top ten overall men and women finishers win Awards, including DBA and merchant gift certificates.



Saint Alphonus





Make check payable to **Main Street Mile**. Mail or take entry form with payment to Bandanna Running, 504 W Main Street, Boise, ID 83702

Name (first/last): _____

Mailing Address: _____

City, State, Zip: _____

E-mail (print): _____

Birth date: ____/____/____ Daytime Phone: _____

Gender: _____ Male _____ Female

T-shirt (adult/cotton): S M L XL XXL T-shirt (youth sizing/cotton) S M L

Adult Entry Fee: _____ **\$15 on or before June 15th** _____ **\$25 starting June 16th**

Youth Entry Fee: \$10 (Children 10 and under, no late fee)

Donation: \$_____ I would like to make a donation to support prostate cancer awareness

Enter me in this wave (only one wave per entry fee):

_____ Meadow Gold Children's Half Miler: *Up to 10 years old. Parent required to register if participating with child*

_____ Boise Legacy Constructors Foundation Mayor's Mile for Everyone: *All ages, noncompetitive wave*

_____ Bandanna Prep Showdown: *Timed competitive wave, Grades 5 through 12 based on 2010-2011 school year*
_____ Grade 5 & 6 _____ Grade 7 & 8 _____ Grade 9 & 10 _____ Grade 11 & 12

_____ Zamzows First Responders Team Challenge*: *5 person teams (military, fire, EMT, police)*

*Team entries must be submitted together. If you are on a 5 person team please complete the following:

___ Open (No gear) _____ Full Kit (35#'s of gear per runner)

Team Name: _____ Team Captain _____

_____ Albertsons Team Mile*: *5 person teams, scored competitive wave. ALL members must have same employer.*

*Team entries must be submitted together. If you are on a 5 person team please complete the following:

Team Name: _____ Team Captain _____

_____ 94.9 The River Beauty and the Beast Mile: *Ages 40 and up, timed competitive wave*

_____ KeyBank Open Men's & Women's Mile: *Ages 18 and up, timed competitive wave*

Group Code: _____ Group Name: _____

RACE WAIVER AND RELEASE: (Must be signed by participant or Parent/Guardian) I understand that my consent to these provisions is given in consideration of the acceptance of this registration and for being permitted to participate in this event. I am a voluntary participant in this event, and in good physical condition. I know that this event is a potentially hazardous activity and I hereby assume full and complete responsibility for any injury or accident which may occur during my participation in this event or while on the premises of this event, and I hereby release and hold harmless and covenant not to file suit against The Main Street Mile, Inc and any affiliated individuals, the City of Boise and any affiliated individuals, the Ada County Highway District and any affiliated individuals, Rhyno Racing and Promotions LLC and any affiliated individuals, any race sponsors and their agents and employees, and all other persons or entities associated with this event (the "Releases") from any loss, liability or claims I may have arising out of my participation in this event, including personal injury or damage suffered by me or others, whether same be caused by falls, contact with participants, conditions of the course, negligence of the Releases or otherwise. If I do not follow all the rules of this event, I understand that I may be removed from the competition. I give my full permission to The Main Street Mile, Inc. and their sponsors and corporate sponsors to use any photographs, videotapes, or other recordings of me that are made during the course of this event. I understand that this Waiver and Release may be stored electronically and that a copy is authentic and admissible as evidence in any future dispute.

X _____
Signature / Co signature (Parent/Guardian must cosign if applicant is under 18 years of age) Date



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THE EVENT

Main Street Mile is a benefit for prostate cancer awareness. Proceeds from the event are used to provide free prostate exams along with awareness and outreach programs. Main Street Mile is a running and walking event with six race waves to accommodate men, women and children of all ages and all ability levels. Come join us in going "A Mile for Men's Health".

RACE DATE / START TIMES

Friday, June 24, 2011. First race starts at 6:15 p.m. with other races starting approximately every 15 minutes.

START AND FINISH LINE

All races start and finish in the heart of Downtown Boise near Main Street and Capitol Boulevard.

RACE COURSE

A 3 block loop in beautiful Downtown Boise. Starts on Main Street and heads east, left turn at 5th street for one block, left turn at Idaho Street for three blocks, left turn at 8th street for one block, left turn brings you back on Main Street. When in doubt, or having feelings of being lost, remember to run hard and turn left! Children's race will be one loop all other races will be two loops.

ENTRY FEE

\$15 entry fee includes a race T-shirt, the chance to play in the streets of downtown Boise, and the satisfaction of knowing that you are helping to save lives! Entry fee is \$25 starting June 16th. (Children \$10)

REGISTRATION

Register on-line at www.mainstreetmile.org
(Online registration via imAthlete.com)
Or mail or deliver entry forms to:

Bandanna Running and Walking
504 W Main St. • Boise, ID 83702

Please make checks payable to: Main Street Mile

RACE NUMBER PICKUP

Race packets will be available for pickup at Bandanna Running and Walking, 504 W Main Street on **June 23** from 11am - 6pm and **June 24** from 11am - 6pm.

AWARDS CEREMONY

Awards will be presented at the Boise City Hall Plaza.

Hawks "Batting for Men's Health"

The Main Street Mile, Idaho Urologic Institute, Idaho Power and KeyBank will be teaming up with the Boise Hawks in an effort to bring greater awareness to prostate cancer and men's health. The Hawks will be wearing alternate (Black) jerseys while "Batting for Men's Health" on: July 4, 8, 9, 22; August 5, 6, 12 and September 2, 3. Purchase a scratch ticket from the Boise Hawks for a chance to win a game worn jersey! Jerseys will be signed by the player and awarded to winners on September 3. Each Main Street Mile game will also include the chance to win a designated jersey being raffled that night. Check website for details.

PREP SHOWDOWN AWARDS

Top three in each grade group of the **Bandanna Prep Showdown** wins award and first boy and girl in each grade group wins a certificate redeemable for a pair of running shoes at Bandanna Running: Grades 5/6, Grades 7/8, Grades 9/10 and Grades 11/12.

COMPETITIVE TEAM SCORING

Zamzows First Responders Team Challenge and the **Albertsons Team Mile** waves consist of teams of five participants. All five team members race at the same time. Each finisher will be assigned points based on their order of finish (1 point for 1st, 2 points for 2nd, 3 points for 3rd, etc.) The team with the lowest accumulative score for all five team members wins. Teams with less than five members will not be eligible for awards. A business may enter several five person teams.

TOP FINISHER AWARDS

Top ten male and female finishers in the **KeyBank Open Mile** and in the **94.9 The River - Beauty and the Beast Mile** will receive awards, including DBA and merchant gift certificates and other prizes.

AGE GROUP AWARDS

Age group awards for the **KeyBank Open Mile** will be as follows: 18-29, 30 and over.

Age group awards for **94.9 The River Beauty and the Beast Mile** will be as follows: 40-49, 50-59, 60-69, 70+

OTHER AWARDS/CERTIFICATES

Check race website for updated listing of prizes donated by Boise downtown businesses.

The Drive Against Prostate Cancer

Prostate cancer is the nation's most commonly diagnosed non-skin cancer with one in six men getting the disease during his lifetime.



FREE prostate cancer screenings June 21, 22, 23, and 24

June 21 Fruitland. KeyBank, 1515 N. Whitley Dr.

June 22 Nampa. Zamzows, 1518 Caldwell Blvd.

June 23 Boise. Zamzows, 3691 Federal Way

June 24 Boise. Boise City Hall, Capitol Boulevard.

Physician services provided by



The exam will include PSA and DRE tests. Exams will be conducted on a first come first serve basis to men age 40+.

Screening Tools - The goal of early detection is to find the disease in its early stages when treatment is most likely to be effective. There are two widely used tests to aid in the early detection of prostate cancer, the PSA and the DRE.

The most comprehensive method for early detection uses both the PSA and DRE tests. Although PSA will detect most high-risk cancers, there can be cancers that will be missed by this test and can be detected by the physical exam. Therefore, using both tests together will give your doctor the most accurate information.



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