



Saturday, June 5th, 2010- 9:00 A.M.

Just Walk For Liz is a 2 mile walk beginning and ending in Norfolk's West Ghent neighborhood and along the Elizabeth River Trail. All proceeds will go towards promoting cancer awareness and education, as well as support of patients with local ovarian cancer through the Cancer Care Foundation of Tidewater. More information about ovarian cancer, the Walk, and Cancer Care Foundation of Tidewater can be found at www.ccfot.org or email Liza Needham at lizaneedham@cox.net

After being diagnosed with advanced stage ovarian cancer in December of 2000, Liz underwent surgery, numerous rounds of chemotherapy, and with the help of friends and family sought treatment and advice from oncologists both here in Virginia and elsewhere. Those who did not know better would never have believed during her 2 ½ year bout with ovarian cancer that she was literally fighting for her life. Her infectious positive attitude, bright smile, and countless acts of kindness toward strangers and friends alike were nothing short of inspirational. She also understood, in realizing the dismal prospects of treating advanced-stage ovarian cancer, that education, awareness and emotional support were the best weapons in helping women beat this silent killer.

Thus began JDIFL, **Just Do It For Liz**, a slogan that evolved into a bumper-sticker campaign and organization designed to encourage women to listen to their bodies and be proactive in seeking detection of ovarian cancer.

Please join us on June 5th as we celebrate the legacy of Liz's life and walk together to promote increased understanding and awareness of ovarian cancer.



**Proceeds to go to
The Cancer Care Foundation of Tidewater-
Just Do It For Liz Fund**

Liz was Liz Kollmansperger, "Izzy," mother of seven, grandmother of nine, a wife of 46 years, a dear friend; catalyst uniting the right people with important causes; leaver of wacky phone messages and surprise gifts at one's door; the friend who knows that a cup of 7-11 coffee or a Doumar's banana split can be the best medicine.

Official Entry Form & Waiver

Only one entrant per form, please. You may copy entry form.

Please print clearly in black or blue ink.

Full Name _____

Address _____

City State Zip _____

Phone: Day _____ Evening _____

Age (as of 6/3/10) _____ Sex: Male Female

T-Shirt: Adult S M L XL XXL

Kid L

****Please make all checks payable to: CCFOT**

J.D.I.F.L.

Attention: Liza Needham

1318 Armistead Bridge Road

Norfolk VA 23507

Entry Fee: \$25

There will also be early registration on the Day of Race.

_____ I can not attend, but please accept my donation of \$_____.

Additional donation (write amount) _____

TOTAL Amount: \$_____

My check is enclosed.

Credit Card Contributions with Visa, MasterCard, Amex and Discover Cards are accepted by the following method:

On-Line, go to WWW.CCFOT.ORG

Button right panel, Click on "Give"

Click on "Make a Donation"

Place the dollar amount in the box.

Click on "Secure Check Out"

Fill in information requested

Finish transaction

Receipts from CCFOT will be issued

In consideration of acceptance of this entry and my participation in this event, I, the undersigned, accept all risk to my health and assume full and complete responsibility for any injury or accident which may occur during Just Walk For Liz or while I am on the premises of this event. I RELEASE AND HOLD HARMLESS THE SPONSORS AND PROMOTERS OF THIS EVENT, AND ALL OTHER PERSONS AND ENTITIES ASSOCIATED WITH THIS EVENT (THE "EVENT PARTIES") FROM ALL CLAIMS AND CAUSES OF ACTION FOR LOSS OF OR DAMAGE TO MY PROPERTY AND FOR ANY OR ALL ILLNESS OR INJURY TO MY PERSON, WHETHER IT BE CAUSED BY THE NEGLIGENCE OF THE SPONSORS, PROMOTERS OR OTHERWISE. I give my permission to the Event Parties to use, without compensation, my name, likeness and/or picture for any purpose related to this event or any future events, including the use of any photographs, videotapes, motion pictures, or other recordings of me that are made during the course of this event and including the use of my name, likeness or photograph in a broadcast, newspaper, magazine, brochure or other media. I state that I am in proper condition to participate in this event.

Signature of participant (or guardian if runner is under 18)

Entry fees are non-refundable.

****All contributions and fees given to CCFOT are considered tax-deductible as allowed by law. CCFOT is not providing tax advice; each donor should consult his own tax advisor. The IRS has indicated that the amount of the charitable contribution is limited to the excess of the amount of cash (and or property) contribution by the donor, over the value of any goods or services received by the donor in connection with the contribution.**