

About the Walkathon & 5K Run

This is the most important fundraising event of the year for the Cancer Resource Center of the Finger Lakes (CRCFL). All of the money raised remains here in our community to provide programs and services for people with cancer and their loved ones. This year marks our 24th year of this exciting event and we hope you will join us!

About the Cancer Resource Center

We listen and provide information and support to individuals affected by cancer. Assistance is provided in-person at our office at 612 W. State St. in Ithaca and on the campus of the Cayuga Medical Center. Our motto says it all: *no one should face cancer alone.*

We began in 1994 as the Ithaca Breast Cancer Alliance (IBCA) and expanded our mission in 2007 in order to serve men and women with any type of cancer. We're proud of the fact that CRCFL is the only cancer resource center of its kind in Central New York.

T-SHIRTS: Included in registration fee

(order when you register)

Availability for pick up:

- At the event

- Oct. 1 thru Dec. 31 at CRC*

*EXCEPTION: the shirts will be at

- FLRC on Oct. 12 from 2-7pm



There will be long lines on 10/12 & 10/13.

We recommend picking up your shirt at CRC ahead of time!!

PARKING is available but **carpooling is strongly encouraged.** Expect traffic.

QUESTIONS?

gvgb.co/WalkRun2018 or crcfl.net

Email: info@crcfl.net

Call: 607-277-0960

Stop by: 612 W. State St., Ithaca

REGISTER: Avoid waiting in line!

Go to: gvgb.co/WalkRun2018, stop by CRC, or just go to our website www.crcfl.net.

The website will close and the early bird special ends Thursday, October 11 at noon.

\$50 registration at the event.

GATHER DONATIONS!

Team Up for More Fun!

Use our online fundraising tools to email your friends, family, teachers & co-workers who can donate easily by following the link in your email or by using this form.

PRIZES FOR RAISING MONEY!

Individuals who have turned in \$250 or more, and Team Captains (and a guest) whose team has turned in \$1500 or more *by 10am on October 13th*, will be invited to an exclusive appreciation party in November.

After we determine the highest individual and team fundraisers, we will send you an invite with all the fun details! Thank you for fundraising for CRC!

RUNNER PRE-EVENT BIB PICK UP:

Friday, October 12th from 2-7pm:

Runners who have **pre**-registered can pick up a bib (and shirt) at the Finger Lakes Running Company 215 E. State St., 275-FLRC

We will NOT be accepting registrations at FLRC.

SCHEDULE:

10:00am 5K Run & 2 Mile Fun Walk

9-10:00am Registration/Check-in

9:45am Zumba

10:30am Pancake Breakfast

Live entertainment will be performing along the course route. Contact us if you'd like to perform (sing, dance, hula hooping, etc!)

2018

24th Annual



OCT 13 2018

TO REGISTER:
www.crcfl.net

Cass Park

Taughannock Blvd, Ithaca NY

Run & Walk begin at 10 am
(Registration begins at 9 am)



