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 right here in our community to provide programs and services for people with cancer & their loved ones. 2015 marks our 21st year of this exciting event and we hope you will join us!

About the Cancer Resource Center

We listen and provide information & support to individuals affected by cancer. Assistance is provided in-person at our Resource Center 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) & expanded our mission in 2007 in order to serve men & 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.

How to Raise \$350 in One Week!

Day 1: Begin with your own contribution of \$20

Day 2: Ask 2 members of your family to sponsor you for \$25 each

Day 3: Ask your employer to contribute \$25 and ask about matching funds for employee contributions

Day 4: Ask 5 friends to contribute \$10 each

Day 5: Ask 5 co-workers to sponsor you for \$10 ea.

Day 6: Ask 5 neighbors to contribute \$10 each

Day 7: Ask your dry cleaner, pharmacy, grocery, doctor and favorite restaurant (or 5 other

businesses you frequent) for a \$20 contribution.

Helpful Hints

Fundraise!
Form a team!
Share your story!
Carry your collection envelope!
Use the online fund-raising tools!
Double your total w/ employer matching gifts!

ANY QUESTIONS?

www.crcfl.net, info@crcfl.net, call our office 607-277-0960 or stop in at 612 W. State St. Ithaca

REGISTER: Avoid waiting in line!

\$30 early bird/\$35 beginning Oct. 22rd at noon. Register online: gvgb.co/WalkRun2015 (or just go to our website www.crcfl.net)

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!

Go to www.crcfl.net for details

RUNNER PRE-REGISTRATION PICK UP:

Fri Oct 23th 2-7pm: Runners who have preregistered can pick up a bib at the Finger Lakes Running Co. 215 E. State St., 275-FLRC

LAST MINUTE REGISTRATION:

Fri Oct 24th You can register in person at CRCFL from **9-5pm** or at FLRC **2-7pm** (as well as the morning of the event) at the increased \$35 reg.fee.

PARTICIPATE:

10:00am 5 K Run Begins (timed) 10:25am 2 Mile Fun Walk Begins

9-10:00am Registration/Check-in

10:05am Zumba

10:30am Pancake Breakfast Begins

Live entertainment performing along the course route. Parking available but **carpooling strongly encouraged**

T-Shirts (Order when you register)

\$15 (crew & scoop neck) will be available for pick up **beginning 10/1** at CRC, at FLRC on 10/23 from 2-7pm, at the event & any time after the event at the Cancer Resource Center.

IMPORTANT NOTE:

Sizes/styles are 1st come, 1st served – we'll do our best, but there is no guarantee we will have your 1st choice in stock, so pick up your shirt early!

2015 21st Annual



Cass Park

Taughannock Blvd, Ithaca NY

Run begins at 10 am Walk begins at 10:25 am Registration begins at 9 am





JOIN THE FUN! 2 WAYS TO REGISTER:

- Online: gvgb.co/WalkRun2015 or crcfl.net
- Complete this form & deliver (with collected donations) to CRC by 10/23 or
- to the check-in tent at the Event.

Email:		
Address:		
City/ST/ZIP:		
Phone:		
Team Name:		
Age day of the event: Sex:		
I am participating in honor of		
I am participating in memory of		
I can't make the event, but would like to make a donation.		
\$30 Registration fee (through 10/22 noon) — Walk OR — Run		
\$35 Registration fee (beginning 10/22 noon) \square Walk OR \square Run		
\$15 Tshirt (Crew neck) \square S \square M \square L \square XL \square 2XL		
(Scoop neck) \square S \square M \square L \square XL \square 2XL		
Sizes 1 st come, 1 st served beginning 10/1 at CRC		
□ Check #		
□ Cash		
☐ Credit Card:		
Card #		
Security Code: Exp. Date:/		
Total enclosed: \$		
WAIVER: In consideration of acceptance of this entry into "CRCFL Walkathon/5K Run" I hereby for myself, my administrators, my heirs and assigns assume any and all risks that might be associated with the event & I further waive and release any and all claims, including negligence, that I may have against Cancer Resource Center of the Finger Lakes, the organizers event sponsors volunteers or the City of Ithaca, for		

any injuries and damages of any kind whatsoever suffered by me as a result of participation in the event and related activities. I hereby attest that I am physically fit to participate in this event and give full permission for use of my name and photograph in conjunction with the event. Signature below is required – entry void without this signature. If the registrant is under 18 years old, the signature of a parent or quardian is

(Date)

required: _

(Signature)

CRCFL WALKATHON/5K RUN

Receipts issued for all donations with a legible email address & for donations of \$50 or more by mail, or by request.

Your Sponsor's Name:	Your Sponsor's Email Address:	Amount:
My Registration Fee:	(\$30 till noon Oct. 22 nd , \$35 thereafter)	\$30/\$35
PRIZES for \$500 (or more) collected by individuals, and TOTAL for the top 5 overall fundraisers (see website for details). ENCLOSED:		

Bring this form to Cass Park w/ the donations you raised. Additional sponsor sheets at www.crcfl.net or 607-277-0960. Make checks payable to CRCFL. Check w/your employer see if they'll match your donation