

About the Walkathon & 5K Run

This is the most important fundraising event of the year for the Cancer Resource Center of the Finger Lakes (CRC). 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 25th 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 CRC is the only cancer resource center of its kind in Central New York.

T-SHIRTS: \$15 (order when you register)

Availability for pick up:

- beginning 10/1 at CRC (until Dec. 1st)
- on 10/4 from 2-7pm at FLRC
- at the event from 8:30-10am

IMPORTANT NOTE:

Sizes 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!*



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

QUESTIONS?

www.crcfl.net or www.crcfl.convio.net/walkrun

Email: info@crcfl.net

Call: 607-277-0960

Stop by: 612 W. State St., Ithaca

PRE-REGISTER: Avoid waiting in line!

\$30 Pre-registration 17 & older
\$25 Pre-registration 16 & younger
Beginning Oct. 3 at noon:
\$50 Registration (All ages)

Online: www.crcfl.convio.net/walkrun or
www.crcfl.net. In person, by phone
or mail this in!

BIB PICK UP & LATE REGISTRATION:

Friday, October 4th from 2-7pm:

Pre-registered? Pick up your bib (&/or shirt) at the Finger Lakes Running Company 700 Cascadilla St. (new location!) 275-FLRC
Not registered? The fee is now \$50 for runners, walkers, & all ages. *Sign up earlier next year!*

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 our website for details!

SCHEDULE:

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

8:30-10:00am 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!)



25TH ANNIVERSARY

CRC'S
**WALKATHON
& 5K**
NO ONE SHOULD FACE CANCER ALONE

OCT 5 2019
TO REGISTER:
www.crcfl.net

Cass Park

Taughannock Blvd, Ithaca NY

Run & Walk begin at 10 am
(Registration begins at 8:30 am)



