

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 27th 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 (\$15):

Availability for purchase at:

- Cass Park: 10/2
- CRC: 9/20 - 10/31
- FLRC: 10/1 from 2-7pm

(Sorry, NO PREORDERING)



There will be long lines at FLRC & Cass park, so we recommend picking up your shirt at CRC ahead of time!!

PARKING is limited, **carpooling is strongly encouraged.** Expect traffic.

QUESTIONS?

givebutter.com/WalkRun2021 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: givebutter.com/WalkRun2021, stop by CRC, or visit www.crcfl.net.

Online registration and the discount for the early bird special end Friday, Oct 1 at noon.

\$50 registration beginning 10/1 & 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 \$500 or more by October 31st will win a prize!

Deadline: 10/1 at noon:

The Top 5 Individual fundraisers will win an additional prize, and the Top 5 fundraising teams will have their team name posted at the finish line.

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

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

2021

27th Annual



WALKATHON & 5K

NO ONE SHOULD FACE CANCER ALONE

October 2, 2021

REGISTER

www.crcfl.net

Cass Park

Taughannock Blvd, Ithaca NY

Run & Walk begin at 10 am

(Registration begins at 9 am)



