



susan g.
Komen
FOR THE
cure



NCAB AALAS colleagues and friends
Please join us for:

**Susan B. Komen
National Race for the Cure 2010
5K Run/Fitness Walk**

Saturday, June 5th

Start Time: 8:00 am*

Location: Washington, DC

We will meet on race day and walk together to champion the
Susan B. Komen Breast Cancer Foundation

Registration information:

Web site: Global Race for the Cure®

How to For more information or to register, please contact:

Participate: Phone: (703) 416-7223

Email: info@globalraceforthecure.org

Ways to Participate

Walk

Raise funds and awareness for the global movement to end breast cancer forever. Register today to walk with us. If you would like your participation timed, you must register as a runner.

Run

Registered runners will receive a timing chip in their Event Kit. Register to run today.

Sleep In for the Cure[®]

Can't lace up your walking shoes? You can still raise money for the cures. Register to Sleep in for the Cure and we'll send you a comfy Komen Global Race for the Cure T-shirt to snooze the day away in.

Kids for the Cure[®]

You don't have to be a grown-up to raise money to end breast cancer. Kids ages 5 - 12 are encouraged to register as Kids for the Cure! On Race Day, we'll have a special short course just for kids and some special activities and crafts. Kids 12 and over are encouraged to register as a walker or runner and must be accompanied by a parent or legal guardian on the Race course.

Survivors

Whether you register as a walker, runner or sleeper, if you're a breast cancer survivor (and indicate as such on your registration form) you will receive a pink Race T-shirt, hat and bib, and will be awarded a special Race medal on Race Day. You will also be invited to participate in a special honorary ceremony the morning of Race Day.

Support a Fellow NCAB Participant

If you simply cannot make the day's events consider supporting one of the NCAB participants with a donation.

For further information contact Molly Romick at
240-472-4764 or rmckgsgirl@aol.com

Please let me know that you have registered
so I can communicate our meeting place and time.

* Approximate race time – information available at registration