



TEAM PACKET

5K/10K RUN & 5K WALK

SATURDAY, MAY 2, 2020

CHOOSE YOUR TIME.

CHOOSE YOUR ROUTE.



Support for the Journey. Education for Life.

**Team Deadline is
April 15, 2020**



A team is 10 or more individuals who are interested in running or walking together. A team can be made up of friends, family, coworkers, social club members, youth or other church groups... be creative! Teams may include a combination of runners and walkers.

Teams make participation at the event more fun and qualify you to win some great prizes. Awards will be given to the largest team and Most Creative Team.

A team can win both prizes.

Create Your Team

Recruit 10 or more team members - emails or printed flyers anywhere your team meets on a day to day basis. Bulletin boards at your church, office break room, or school are great locations to find team members.

Make sure all of your team members are registered online or have a printed registration form. *We prefer online registration. Every individual must sign their registration form.*

THEME YOUR TEAM

The more creative the better! Pick a theme for your team and put on your costumes!

Prizes will be given for the Largest Team and Most Creative Team.

Educate your team about Hope Cancer Resources and colon cancer.

Our staff is happy to help with this!

Team Captain is responsible to collect registration forms.

All TEAM registration forms must be submitted by April 15, 2020.

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For more information, please contact

Anna Lawson | 479-361-5847 | anna.lawson@hopecancerresources.org



TEAM REGISTRATION FORM

TEAM NAME: _____

Team Deadline is April 15, 2020

Register Your Team Online in Minutes!
HeathersRaceforHope.com

While paper forms also work, we encourage online registration. Team captains can register everyone on their team in a just a few minutes on our race website.

Team Captain: _____

Company: _____

Address: _____

Phone number(s): _____

E-Mail: _____

Teams must have a minimum of 10 participants

Team Member Names **Each Participant is required to sign an individual registration form.**

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____

- 11. _____
- 12. _____
- 13. _____
- 14. _____
- 15. _____
- 16. _____
- 17. _____
- 18. _____
- 19. _____
- 20. _____

Send Team Registration by April 15, 2020 to:
Hope Cancer Resources | 5835 W. Sunset Ave. | Springdale, AR 72762

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BENEFITING

Hope Cancer Resources

Support for the Journey. Education for Life.

Providing compassionate, professional cancer support and education in the Northwest Arkansas region today and tomorrow.

About the Heather Ridley-Fleeman Battle for Hope

The Heather Ridley-Fleeman Battle for Hope is an event that was created by the family and friends of Heather as a way to remember a great lady and to raise awareness of colon cancer. Heather died of colon cancer at only 28.



In her life, she worked to help other cancer patients who couldn't afford cancer drugs or participate in clinical trials. Her family and friends want to make sure that all cancer patients have access to the resources they need during cancer treatment and

want to educate individuals that early detection does save lives.

For more on Heather's story and Battle for Hope, visit www.HeathersRaceforHope.com

Heather Ridley-Fleeman Battle for Hope

5K/10K Run and 5K Walk

Saturday, May 2, 2020

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Colon Cancer Facts

- According to the American Cancer Society, excluding skin cancers, colorectal cancer is the #3 cancer killer of men and women in the U.S.
- In 2019, there were around 101,000 new cases of colorectal cancer diagnosed and 51,000 deaths from colorectal cancer.
- From 2007 to 2016, the death rate declined by 2.7% per year among individuals ages 55 and older and increased by 1% per year among adults younger than age 55. Death rates have decreased due to the changing patterns in risk factors, increased screening, and improvements in treatment.
- The lifetime risk for an American to get colorectal cancer is 1 in 21 for men and 1 in 23 for women.

New guidelines from the American Cancer Society recommend that men and women at average risk for colorectal cancer begin screening at 45 years of age and continue up to 85 depending on health status/life expectancy.

- Lifestyle-related risk factors linked to colorectal cancer include: certain types of diets, being overweight, heavy alcohol use, smoking, and physical inactivity. These risk factors linked to colorectal cancer are some of the strongest than any other type of cancer.
- For patients with an early detection of colorectal cancer, the survival rate is about 90%, compared to only 39% when it is detected in a later stage.

Many people are embarrassed to talk about this disease and there are many myths about colorectal cancer that need to be discussed openly. Please visit the American Cancer Society's website for more information at www.cancer.org.

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