

13th Annual Abolish Breast Cancer 5K

IT'S A VIRTUAL 10-DAY DO-IT-YOUR-WAY 5K!
OCTOBER 1 - 10, 2020

WOULD YOU, COULD YOU FOR A BREAST?

Would you get up out of bed?

Would you move 5K ahead?

Would you do it as a **HIKE**?

Would you do it on a **BIKE**?

Would you **RUN**, or **JOG**, or **WALK**?

Would you bring a friend and talk?

Would you do it on a **TRACK**?

Would you do it by **KAYAK**?

Would you do it in one sitting?

Would you find ten days more fitting?

Would you see it as a **RACE**?

Would you go at **LEISURE'S PACE**?



You prefer in person.

So you say.

Try it virtual.

It's the COVID way!

Yes, I'll do it for a breast!

I'LL REGISTER AND DO MY BEST!



REGISTER AT
ABC5KCT.COM

OR BY MAIL USING THE FORM BELOW!



----- CUT HERE ----- CUT HERE ----- CUT HERE ----- CUT HERE -----

Name (First Last): _____

T-Shirt Size: Adult S M L XL
(CIRCLE ONE) Youth S M L XL

Email Add. OR Phone #: _____

Mailing Address (for your t-shirt):

City: _____ State: _____ Zip: _____

REGISTER BY MAIL

Mail this completed form with your \$25 check made payable to DFCI (Dana Farber Cancer Institute) to: Bev Champany, 146 Fay Rd, Pomfret Center, CT 06259