

Team Hope Recruiting for its First Local Event

Candy Cane City 5k

Since 2005, Team Hope has raised nearly \$350,000 to help people with cancer and their loved ones through Hope Connections for Cancer Support. Team Hope has sent team members to participate in half or full marathon or 10k events around the world – in places like Vancouver, New Orleans, Niagara Falls, Bermuda, Jamaica and, most recently, Seattle – but on Saturday, November 10, Team Hope will participate in its first local event at the Candy Cane City 5k in Chevy Chase, Maryland.

For people just out of treatment, getting involved with Team Hope can be a great way to take back control and move your life forward. Many of our present and past Team Hope members are cancer survivors themselves, and joining the team right out of treatment helped them get back on their feet. At first, some of these members couldn't walk a short distance without getting out of breath, but with the encouragement of their teammates and coaches, they were eventually able to run a 5k, 10-miler, full or half marathon.

The Candy Cane City 5k is a Montgomery County Roadrunners race. The “out and back” course runs along Beach Drive and the trails of Candy Cane City in Meadowbrook Park. Walker and runners of all ages are welcome to participate. The registration cost is \$50 for adults and \$25 for those under 18 years of age, and includes a t-shirt, a structured training program including a weekly group walk or run, a post race party, and a personal giving page on our website. While there is no fundraising requirement to participate, Hope Connections encourages team members to help raise funds from their friends and families to support Hope Connections' free programs for those with cancer and their loved ones. Training begins the Saturday after Labor Day.

Registration for Team Hope Candy Cane City is now open. Call 301-493-5002 for a registration form or register online at www.HopeConnectionsForCancer.org (click on events link). Not only will you get back in shape, meet some fantastic and inspiring people, you'll be doing it all for a wonderful cause. When you join Team Hope, you provide essential support for Hope Connections to continue helping people with cancer and their loved ones deal with the emotional and physical impact of cancer.