



Train.....Travel.....Triumph!

Get fit as you train for the experience of a lifetime & help cancer patients find hope!

Walk or Run – Half or Full Marathon

Adidas Vancouver Marathon, Vancouver, British Columbia

May 1, 2005

Strides for Hope is The Wellness Community's charity marathon team where you train to walk or run a half or full marathon. Team members raise money to support free programs for people with cancer.

Join Strides for Hope - Team Member Benefits

- Participate in a 16-week **comprehensive marathon training program** with an experienced marathon trainer.
- **Support and Motivation in a group environment.**
- **Raise money for** The Wellness Community to help people with **cancer.**
- **Run in honor or memory of someone** you know who has been **touched by cancer.** Celebrate your **cancer survivorship.**
- **Join** a team of both **first-time and seasoned marathoners.** Walk or run a half or full marathon.
- **Round trip airfare and group transfers, hotel accommodations and paid Marathon entry fee.**
- **Pre-race send off pasta party, and post – race victory celebration.**

Information Meeting Monday, Nov. 22, 7:00 pm

and Wednesday, Dec. 8, 7:00 pm

Call TODAY to reserve your spot on the Strides for Hope Team!

805-379-4777 or ellyn.wall@wellnesscommunityhope.org

**the
wellness.
community®**
valley/ventura
cancer support, education and hope