

A free 12-week training program designed to reintroduce cancer survivors to physical activity after diagnosis.



## Orlando

**Practice Starts:** 09/10/2022

**Saturdays:** Lake Baldwin Park  
(outside the dog park) @ 9 AM

**Wednesdays:** Lake Baldwin Park  
(outside the dog park) @ 6 PM

**Goal Race:** Saturday, December 3, 2022

**Location:** Location will be sent out  
by coaches closer to event date!



**Scan the QR Code  
to register!**

## SURVIVOR PARTICIPANT

- Survivors of all ages are welcome to participate, regardless of their current cancer treatment status or fitness level.
- Participants walk/run alongside volunteer coaches and sherpas at weekly workouts leading up to the 5K goal race.

## VOLUNTEER SHERPA

- Be a part of a survivor's journey to the finish line!
- Walk/run alongside survivor participants and provide support and encouragement during each workout and on race day

Cancerto5K.org  
410-964-0202 x104  
cancerto5K@ulmanfoundation.org

Take your life back  
from cancer...  
one mile at a time!