

# *FYMO'S "Giving to Live" 5K Cancer Run/Walk*



**Saturday, August 21, 2010**

Check-in/Registration  
8:45am

**Almaden Lake Park  
San Jose, CA**



Website: [www.fymo.org](http://www.fymo.org)

Email: [info@fymo.org](mailto:info@fymo.org)

1-877-839-6638



# FYMO'S "Giving to Live" 5K Cancer Run/Walk



On August 21, 2010 FYMO will be hosting a 5k Cancer Run/Walk to benefit cancer patients in the Greater Bay Area Region. The proceeds from this event will enable us to provide financial support to cancer patients for medication costs, living expenses, transportation costs, and home care costs.

## Schedule of Events

8:45am Check-in  
9:30am Warm up  
10am Run/Walk  
10:30am 1st Raffle  
11:00am 2nd Raffle  
11:30am Final Raffle/Prize Awards

### Location

FYMO's "Giving to Live" 5K Cancer Run/Walk will take place at the **Almaden Lake Park, 15652 Almaden Expressway, San Jose, Ca 95120, (Coleman and Winfield entrance.)** Parking is located at the Winfield entrance and we will meet at the Arroyo Picnic Site.

### Route

The 5k run will be along the Los Alamitos Creek Trail while the walk is around the gorgeous, Almaden Lake Park. This event is not just for runners or walkers but, the whole family will enjoy the many exciting activities.

### Directions

Almaden Lake Park is located in south San Jose. Take Hwy 85 South to Almaden Expwy exit. Go south on Almaden Expwy & turn left on Coleman Ave, turn right on Winfield. Parking lot entrance will be on your right. You can also park on Winfield Drive. No parking fees for registered participants.

### Sign up Information

Sign up now as an individual or team tent participant and enjoy this fun filled day while supporting a great cause. FYMO depends on your involvement to help cancer patients who are in need of financial assistance.

### Registration Fees

\$30 for Adults and Children 10+ before August 14

\$35 for Adults and Children 10+ after August 14

\$5 for Children under 10 before August 14

\$7 for Children under 10 after August 14

\$10 discount for team tent participants

You may register by phone, mailing or faxing in the attached registration form.

### Team Tents-\$550 per team

Includes your personal designated area to host a private function which can consist of, food, activities and promotional items provided by the team. *(Canopy must also be provided by team)*

**Free t-shirt** included with registration. Non-participants may purchase T-Shirts by emailing your request to [info@fymo.org](mailto:info@fymo.org) or by calling 1-877-839-6638.

*Come join us, get a little exercise and honor those you love who has been touched by cancer!*



### **In remembrance of Deborah Williams**

My mother had been diagnosed with a rare type of cancer in 1998. She had surpassed all the odds. So when she passed away last year in 2009, I was paralyzed with one question on my mind, “why now?” I knew the battle was getting to her and that years of treatment were starting to take a toll on her. I just never accepted it will all come to an end.

Along with the weight she lost her mental and physical strength. When she relapsed the cancer reformed on the brain and her thoughts and memories failed. Slowly cancer became my uninvited companion. My dearest friend for my entire life, my mother, began to fade away in both mind and body.

I began taking over all of her responsibilities including her finances. That’s when I discovered how much she had to pay out of her own pocket to cover basic cost just so she could hang on to life. I was overcome to learn how all her savings had been spent on her care instead of the many trips she wanted to take. It was then that I determined this years cause for, Fashion Your Mind Organization. This years mission is to provide financial support to cancer patients for medication costs, living expenses, transportation costs and home care costs. Instead of throwing in the towel I decided “in her name I will”

FYMO’s “Giving To Live” 5K Cancer Run is dedicated to the loving memories of Deborah Williams and to anyone who has lost a loved one, family member or friend to cancer. We also welcome those who simply care and want to contribute and be a part of a worthy cause.

Thank you and May God Bless you!

# FYMO'S "Giving to Live" 5K Cancer Run/Walk



## Run/Walk Registration Form

**PLEASE USE ONE FORM PER PERSON**

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Gender ( ) Male ( ) Female

### T-Shirt Size:

- ( ) Child Small ( ) Child Medium
- ( ) Adult Small ( ) Adult Medium
- ( ) Adult Large ( ) Adult X-Large

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I am signing up for

- ( ) 5K Run
- ( ) Walk around lake
- ( ) Team Tent Participant Name of Team or Company \_\_\_\_\_
- ( ) Can't attend but I wish to donate \$ \_\_\_\_\_

**PAYMENT TYPE :** VISA Mastercard AmEx Check Enclosed \$ \_\_\_\_\_

CARD NUMBER: \_\_\_\_\_ EXP DATE: \_\_\_\_\_

NAME ON CARD \_\_\_\_\_ 3 DIGIT CODE \_\_\_\_\_

**SIGNATURE:** \_\_\_\_\_

I authorize to Fashion Your Mind Organization to charge \$ \_\_\_\_\_ to my credit card.

I agree to participate in this event at my own risk, and in doing so, absolve organizers, volunteers and FYMO of any responsibility for my well-being.

Signature \_\_\_\_\_ Signature of Guardian if under 18 \_\_\_\_\_

Date \_\_\_\_\_

If submitting via U.S. Mail please print and send complete registration form and payment to:  
FYMO 440 North 6th Street, San Jose CA 95112, or by fax 408-418-3268.