

# Survive, Thrive & Be Fit!

## Steps to Survivorship

Spring 2022  
*Cumulative*

Marathon Walk/Run and/or  
Century (100-mile) Bike Ride!



**What is a *Cumulative Walk/Run*?** No need to walk/run the entire distance at one time! Complete shorter segments as you work to complete a Full Marathon (26.2 mi) distance!

**What is a *Cumulative Bike Ride*?** Total your rides to complete a century (100 miles) and/or metric century!

**Participation Dates:** Sunday, March 20<sup>th</sup> through Monday, June 20<sup>th</sup>!

**Eligible Participants:** Area cancer patients/survivors, co-survivors & professional caregivers.

This is a “**Casual/Non-Competitive**” event. Just complete and record your distance on the ENTRY/LOG and submit when you have completed the Full Marathon Walk/Run and/or the 100-mile Bike Ride and no later than June 30<sup>th</sup>!

**Guest Co-Survivors:** Co-survivors must be the guest of a participating cancer patient/survivor.

**Medical Oncology Caregivers:** Local oncology doctors, nurses and support staff.

**Updates/Results:** Updates along with more information are available at [www.scccf.org/events](http://www.scccf.org/events).

**For more Information:** Contact Tim at [trenzelmann@physhealthnet.com](mailto:trenzelmann@physhealthnet.com) or 920.457.2223.

The Sheboygan County Cancer Care Fund is a “Beacon of Hope” for cancer patients and survivors of Sheboygan County, offering financial “Gestures” and healthy “Survive, Thrive & Be Fit” activities to eligible community members!

To learn more: visit [www.scccf.org](http://www.scccf.org) or call 920.457.2223



