

Thyroid cancer: Cancer that forms in the thyroid gland (an organ at the base of the throat that makes hormones that help control heart rate, blood pressure, body temperature, and weight). Four main types of thyroid Cancer are papillary, follicular, medullary, and anaplastic thyroid cancer. The four types are based on how the cancer cells look under a microscope.

Estimated new cases and deaths from thyroid cancer in the United States in 2009:

New cases: 37,200

Deaths: 1,630

Bone cancer: Primary bone cancer is cancer that forms in cells of the bone. Some types of primary bone cancer are osteosarcoma, Ewing's sarcoma, malignant Fibrous histiocytoma, and chondrosarcoma. Secondary bone cancer is cancer that spreads to the bone from another part of the body (such as the prostate, breast, or lung).

Estimated new cases and deaths from cancer of the bones and joints in the United States in 2009:

New cases: 2,570

Deaths: 1,470

Source: www.cancer.gov(National Cancer Inst.)

In Loving Memory of Gail B. Zane

Gail Zane was a wife, mother, grandmother, teacher and friend who was diagnosed with thyroid cancer in early 1998.

Gail underwent a thyroidectomy in April of 1998 but the cancer had spread to her spine. Over the next nine years she had to endure several more surgeries and hospitalizations. Gail continued to teach until the end of the school year in 2006 when she was forced to retire due to the advance of her illness. Gail passed away on November 13, 2007.

She spent the last years of her life living and enjoying her family, friends and students. Gail left us with a lasting memory of her loving and courageous spirit.

We know that Gail would be touched and honored to hear that we are holding this walk in her memory. She always believed in reaching out to others and would be pleased that any donations will go toward helping save the lives of those who suffer from this terrible disease.

Gail's friends and family thank you for all of your support!



5K Run/Walk for Hope In Memory of Gail B. Zane

**All proceeds benefit the
*American Cancer Society***



Saturday, April 16th

**Race Time: 9:00 am
(Registration begins at 8:00 am)**

**Cooper River Park Stadium
Pennsauken, NJ**

Rain or Shine!

Schedule of Events:

Registration: 8:00am – 9:00am

If you haven't pre-registered for the event, please plan on arriving before the race to register.

Race : 9:00am

Runners will start first, with walkers to follow shortly after.

Refreshments: 9:30am

Post-race water and soft pretzels will be available at the finish line.

Chinese Auction: 10:00am

Join us for our Chinese Auction, to be held immediately following the race. Purchase a sheet of 20 tickets for \$5* and try your luck at winning one of our fabulous gift baskets or gift certificates. *(If you're able to donate an item or basket for the auction, please contact Lauren Virostek at (267) 733-3416 in advance.)*

The 5K Run will be officially timed by L&M Computer Sports.

Complete order of finish will be available at: www.lmsports.com

*All proceeds will go to the American Cancer Society to support thyroid and bone cancer research.

Location:
Cooper River Park Stadium
(next to the Lobster Trap)
North Park Drive
Pennsauken, New Jersey

Directions:

From Philadelphia:

Take the **I-676 E/US-30 E** exit toward **Ben Franklin Bridge**. Merge onto **I-676 S/US-30 E/N 6th St**. Slight left at **I-676 S** Entering New Jersey. Continue onto **US-30 E**. Turn left at **N Park Drive**. In about half a mile, stadium will be on your right.

From I-295 North:

Continue onto **I-76 W**. Exit onto **US-130 N/Crescent Blvd** toward **Collingswood**. Sharp right at **N Park Drive**. In about a half mile, stadium will be on your right.

Additional donations are greatly appreciated and can be made at the registration table or mailed to **Lauren Virostek at 1740 Butler Pike, Conshohocken, PA, 19428.

Please make checks payable to: The Walk for Hope Fund

For more information:

Visit us on Facebook at:

<http://www.facebook.com/pages/Walk-for-Hope-NJ/181030585271854>

OR

Email us at: walkforhopenj@gmail.com

OR

Call Jennifer Eife (856) 229-1733 or Lauren Virostek (267) 733-3416

**Walk for Hope
in Memory of Gail Zane
April 16, 2011 -- Rain or Shine!**

Race begins 9:00 a.m. sharp--Registration starts at 8:00 a.m.

Register online at www.lmsports.com or by mail**

Name _____

Age: ____ Sex: Male__ Female__

Address _____

Email _____

	Before April 9th	Race week/day
___ 5K Run	\$20*	\$25*
___ 5K Walk	\$10*	\$15*
___ 5K Walk	\$20*	\$25*

(Family Price)

This release and waiver is executed on this date: April 16, 2011. Knowingly, and at my own risk, I am participating in the Walk for Hope. I do hereby waive release any and all claims against the American Cancer Society and L&M Sports, all event sponsors and any employee, volunteer, or officials of these organizations from any claim of injury (including death) that I may incur as a result of my participation in the event. I further hereby certify that I have full knowledge of the risks involved in this event, and I am physically fit and sufficiently trained to participate. If, however, as a result of my participation in the 5k Run/Walk for Hope, I require medical attention, I hereby give consent to authorize medical personnel to provide such medical care as deemed necessary.

Signature of Participant or Legal Guardian if under 18
Date