

A free 12-week program designed to reintroduce cancer survivors to physical activity within a supportive team environment



Raleigh, NC

Practices Begin: Saturday, March 9

Schedule: Saturdays @ 9am

Pullen Park
(between Shelters 3/4)
520 Ashe Ave. Raleigh, NC

Tuesdays @ 6pm

North Cary Park
(Shelter by bathrooms)
1100 Norwell Blvd. Cary, NC

Goal Race: June 1, 2024

Run the Quay

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 teammates at weekly workouts leading up to the 5K goal race.

VOLUNTEER TEAMMATE

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



Scan the QR Code to register!