

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



Raleigh, NC

Season begins: Saturday, March 8, 2025

Practices: Tuesdays at 6pm at North Cary Park: 1100 Norwell Blvd. Cary, NC 27513

Saturdays at Pullen Park between Shelters 3/4 520 Ashe Ave. Raleigh, NC 27606

Goal Race: Run the Quay
June 7, 2025 at 8:30am
309 N Ennis St Fuquay Varina, NC



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 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

Cancerto5K.org
410-964-0202 x124
cancerto5K@ulmanfoundation.org

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