

# Steps2Cure NF

**October 16th**

*at the new location:*

**Lake Quannapowitt in Wakefield**

**Steps2Cure NF is a 3 mile walk and/or  
a 5K professionally timed run**

**Registration opens at 12:45 pm  
Kids Dash at 1:30  
2:00 Race Begins  
2:10 Walk Begins**



**Refreshments, DJ, magician, "Kids Alley",  
runners award presentation, raffle, and more !**

## **Fundraising**

Set up your own personal page or one for your team on Firstgiving.com. Fundraising packets are available with tips, sample letter and donation forms. Use our pledge forms for in-person door to door fundraising.

## **Form a Team**

Engage your friends and family. A team is a great source of inspiration and support, and can result in more effective fundraising. You can walk or run as an individual or form a team with your friends. Create a team name, and pick a team captain.

**Award for Most Creative Team!**



## **Entry**

### **Runners/Walkers (age 18 and older)**

Pre-entry fee - \$20 received before race  
Race day fee - \$25 on race day

### **Runners/Walkers (age 6-17)**

Pre-entry fee - \$15 received before race  
Race day fee - \$20 on race day

### **Children under 6 free (no T-Shirt)**

**Pre-entry fee for those registered by  
October 1st, as well as free T-Shirt**

**Raise \$75 or more in donations/pledges by  
race day and your registration fee is waived!**

**If you raise more than \$300  
you will be entered into a  
raffle to win a Kindle!**



## **Sponsorship Opportunities**

**Race Sponsor: \$1,000 and up - Company  
name on race t-shirts, signage at the race,  
company link on race website**

**Awards Sponsor: \$250 to \$500 - Company  
name on race t-shirts**

**Miles Sponsor: \$50 to \$100 - Name on signs  
along the race route**

## **Other Ways to Help**

**Volunteer                      Donate a Raffle Item**  
**Form a Team                    Be a Sponsor**  
**Get Company Match        Spread the Word**

## **ENTRY FORM** *cut & mail to*

NF, Northeast, 9 Bedford Street, Burlington, MA 01803  
or **Register online: [www.nfincne.org](http://www.nfincne.org)**

Please Check One: Runner: \_\_\_\_\_ Walker: \_\_\_\_\_

Amount Enclosed: \$ \_\_\_\_\_

Age on race day: \_\_\_\_\_ (for runners only)

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

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

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

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

Sex: M \_\_\_\_\_ F \_\_\_\_\_

### **Division (for runners):** (circle)

17 & under    18 - 29    30 - 39    40 - 49  
50 - 59    60 & over

**T-Shirt Size:** (Guaranteed if registered by October 1st)

Youth: Medium \_\_\_\_\_

Adult: Small \_\_\_\_\_ Medium \_\_\_\_\_ Large \_\_\_\_\_ XL \_\_\_\_\_ XXL \_\_\_\_\_

**Team Name** \_\_\_\_\_

**Team Leader** \_\_\_\_\_

### **Release of Liability:**

I hereby for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I have against sponsors, race directors and their respective officers, organizers, timers, volunteers, Town of Wakefield, its agents, servants and employees, and any individuals associated with the Run/Walk for NF from any claims, personal injuries, liabilities or expenses whatsoever from my participation in this event at Lake Quannapowitt and surrounding area. I attest that I am physically fit and trained to participate in this event. Further, I grant full permission to any and all of the foregoing to use my likeness in media including photographs, or any other record of this event for any legitimate purpose.

Signature: \_\_\_\_\_

Parent's signature required if under 18



## Directions to Lake Quannapowitt

Drive Route 128/95 to Exit 39, North Avenue, toward Wakefield and Melrose. North Avenue lies at the foot of the exit ramp; go east on it towards Wakefield (that's roughly in the direction of downtown Boston).



Following the lake, which will be on your left, travel one mile to Church Street. Take a left on Church Street and look for the park and bandstand on the left. Parking is available around the lake.

## What is NF?

Most people have not heard of neurofibromatosis (NF), even though it is a condition that affects approximately 1 in 2,500 births. It is a genetic disorder of the nervous system that causes tumors to form on the nerves anywhere on the body at any time. It is a progressive disorder that affects all races and sexes equally and may be associated with deafness, vision impairment, epilepsy, learning disabilities, and cancer.

Proceeds from Steps2Cure NF will support the programs of NF, Inc., Northeast, a 501(c)(3) tax exempt organization. Their mission is to find a treatment and cure for neurofibromatosis by promoting scientific research, creating awareness and supporting those who are affected by NF.

Some of the proceeds will be used to support our new College Scholarship Program!



More information is available and donations can be made through our website at [www.nfincne.org](http://www.nfincne.org)

Visit us on Facebook

**Steps2Cure NF**  
**3 Mile Walk and 5K Timed Road Race**

Visit our website for more information  
[www.nfincne.org](http://www.nfincne.org)

Proceeds to benefit  
**Neurofibromatosis Northeast**

**New Location:**  
**Lake Quannapowitt**  
**Wakefield, MA**  
**Sunday, October 16th**



## Steps2Cure NF

Neurofibromatosis, Northeast  
9 Bedford Street

Burlington, MA 01803

781-272-9936 ~ Fax: 781-272-9937

info@nfincne.org ~ [www.nfincne.org](http://www.nfincne.org)

Don't Miss  
the  
Kids Dash!