



**5K Run/Walk or 1-Mile Run | Sunday, June 5<sup>th</sup>**  
**VIRTUAL AND LIVE**

Eugene M. & Christine E. Lynn Cancer Institute  
 701 NW 13 Street, Boca Raton, FL 33486

Supporting the patients and programs of Lynn Cancer Institute's League of Ribbons to help in the fight against cancer. Finisher medal for all participants.

**Live Run start time: 7:00 a.m.**

**Virtual Run:** Plan your own family and friends or individual run  
 Limited "day of" packet pick up

**11<sup>th</sup> Annual Run for the Ribbons Entry Form** 5K  1 Mile

**REQUIRED**

\_\_\_\_\_

Signature  
(under 18, parent signature)

\_\_\_\_\_

Emergency Contact Name

\_\_\_\_\_

Emergency Contact Phone #

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

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

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Telephone \_\_\_\_\_ Age: \_\_\_\_\_ Sex:  M  F

Are you a **Boca Regional** or **Bethesda** physician, employee ? No  Yes

If yes, **Baptist Health Employee #:** \_\_\_\_\_ email: \_\_\_\_\_

Unisex Shirt Size:  YL  S  M  L  XL  2XL or

Women's Muscle Sleeveless:  S  M  L  XL

Make checks payable to Boca Raton Regional Hospital Foundation. Write "**Run for the Ribbons**" in the memo line. To pay by credit card, call 561-955-4142. T-shirts guaranteed to the first 750 registered participants.

**WAIVER OF LIABILITY- READ CAREFULLY- NO REFUNDS**

I know that running/walking a road race is a potentially hazardous activity. I should not enter and walk/run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run/walk. I assume all risks associated with running/walking in this event Including but not limited to falls, contact with other participants, the effect of the weather, traffic and the conditions of the road , all risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration for your accepting my entry, I for myself and any entitled to act on my behalf, waive, release and hold harmless the Runner's Edge Foundation, Lynn Cancer Institute at Boca Raton Regional Hospital, all sponsors, their representatives and their affiliates from any and all claims or liabilities of any kind arising out of my participation in the event. I grant permission to use any photographs, recordings or any record of this event for any legitimate commercial purpose.

**Initial Here:** \_\_\_\_\_

## 5K RUN/WALK

**Course:** 5K-certified course starting/finishing at the Lynn Cancer Institute and through Old Floresta.

**Start Time:** 7 a.m. (warm up at 6:30 a.m., Opening Ceremony 6:45a.m.)

**Awards:** Finisher medal for all participants.

**Race Awards:** Top three overall (M/F); Top three Boca Regional Physicians/Employees (M/F), Top three in 5-year age groups; 10 and under; 11-14; 15-19; to 70+. Accuchip timing results for all finishers.

**Cost\*:** \$35 until Saturday, June 5. \$25 ages 17 and under.

## ONE-MILE WALK

**Course:** One-mile course starting/finishing at Lynn Cancer Institute.

**Start Time:** 7 a.m. (warm up at 6:30 a.m., Opening Ceremony 6:45a.m.)

**Awards:** Finisher medal for all participants.

**Cost\*:** \$35 until June 4. \$25 ages 17 and under.

**Boca Regional/Bethesda Employees\*:** Employees receive a \$5 discount for both 5K and one-mile run/walk.

**Family Price:** \$100 covers all immediate family members (at same address up to a maximum of four). Family registration can only be completed with the application drop-off at Runner's Edge.

**Team Category:** \$5 discount for teams of five or more. Send email to [RunEdgeTom@gmail.com](mailto:RunEdgeTom@gmail.com) with your team name, and you will receive a **coupon code** to use on RunSignUp.com.

## VIRTUAL RUN

If you are unable to join us in person on race day, we encourage you to sign up as a virtual participant. Go to RunSignUp.com and we will mail you your shirt, medal and race bib for an additional \$5 mailing fee.

## REGISTRATION PROCESS

Visit **RunSignUp.com**. Application forms can be dropped off at Runner's Edge, 3195 North Federal Highway, Boca Raton, FL 33431. Call 561-361-1950 for hours and directions. Packets can be **picked up** at Runner's Edge from **May 28<sup>th</sup> through June 4<sup>th</sup> at Noon**. For more information, call Jan Dymtrow at 561-955-5097, [JDymtrow@baptisthealth.net](mailto:JDymtrow@baptisthealth.net) or Lee Jensen, [Ljensen@baptisthhealth.net](mailto:Ljensen@baptisthhealth.net) or 561-955-3295.

**Registration is final, no refunds.**

## ABOUT LEAGUE OF RIBBONS

Eugene M. & Christine E. Lynn Cancer Institute was built on the principle that the best cancer care requires united single-minded efforts of physicians, staff, patients and their families. League of Ribbons was created in June 2012 to bring together the talent, heart and dedication of people who want to support Lynn Cancer Institute and its mission to be united in purpose and to stand empowered against cancer.

League Of Ribbons funds many different programs including, but not limited to, providing gift cards for groceries and gas, health and wellness programs for patients and the community at large as well as yoga, guided imagery, oncology acupuncture and massage therapy for cancer patients in treatment.

For additional information on services and events offered by League of Ribbons, call 561-955-5670.

**To become a Sponsor for the 10<sup>th</sup> Annual Run for the Ribbons**, please contact Jan Dymtrow at 561-955-5097, [JDymtrow@baptisthealth.net](mailto:JDymtrow@baptisthealth.net).

**Event Subject to Change  
Based on Covid Protocol**

# Thank you for your support

Visit [RunSignUp.com](https://RunSignUp.com)  
for more information.



Eugene M. & Christine E.  
**Lynn Cancer Institute**  
BAPTIST HEALTH SOUTH FLORIDA



**LEAGUE OF RIBBONS**  
SUPPORTING LYNN CANCER INSTITUTE