

## HERE'S HOW YOU CAN PARTICIPATE

### Mail Registration

Use the Walk/5K Run registration form in this brochure or go to [www.psmrf.org](http://www.psmrf.org). On the homepage, click on "more upcoming events". In the "upcoming events section for 7th Annual Walk/Run", open the PDF of the registration form. Mail completed form with check to:

PSMRF c/o Neil Spiegler  
410 Gatewood Rd.  
Cherry Hill, NJ 08003

### Online Registration

**Option 1:** Go to [www.psmrf.org](http://www.psmrf.org). Once on the homepage, just click on the "Sign up for the 2015 Walk/5k Run" button. Click on the "REGISTER" button and complete the on-line form.

**Option 2:** Enter the link <http://www.firstgiving.com/psmrf/7th-annual-talk-while-you-walkrun-for-peggy-spiegler>.

**Option 3: For RUNNERS ONLY:** Go to <https://runsignup.com/Race/NJ/PennsaukenTwp/TalkWhileyouRunWalk5K>.

### Form A Walk/Run Team:

Recruit five or more friends, family members, or business associates to form a Walk/Run Team. You can register your team (with team name) as you go through your registration on-line or by mail. Make sure you list all members of your team. Each team member must register individually and join the team. We suggest that the team set a minimum fund-raising goal.

For more information on forming a team, please contact us at [info@psmrf.org](mailto:info@psmrf.org).

### Donate to Peggy's Walk:

If you cannot join us on June 20 and want to support Peggy's Walk, you can send a donation using the attached form or go to [www.psmrf.org](http://www.psmrf.org) and donate online.

Check out the Foundation website  
[www.psmrf.org](http://www.psmrf.org)  
for info on upcoming events.

## THANK YOU TO OUR SPONSORS

There is an urgent need to improve the diagnosis and treatment of melanoma. That's why your participation in our walk/run is so important. Please join our ever expanding list of sponsors:

MD Anderson at Cooper Cancer Center  
Abramson Cancer Center  
Donald Devlin and Associates  
DG Technical Sales  
Faktorow, Barnett & Brunner, CPAs  
Drs. Heymann, Manders, Green  
and Halpern Dermatology  
Lexus of Cherry Hill  
Ravitz Family Foundation  
Secured Document Destruction  
SJ Printer (formerly Triangle Printing)  
The Spivak Financial Group  
Suede Salon/Spa/Body

Please visit us on the web at  
[www.psmrf.org](http://www.psmrf.org)

### Directions to Cooper River Park



Registration:  
North Park Drive & McClellan Ave  
Merchantville

Sponsorship opportunities  
are still available for the  
"Talk While You Walk/5K Run  
for Peggy Spiegler."  
Contact Neil Spiegler (856-795-7840)  
for more information.

## THE SEVENTH ANNUAL "TALK WHILE YOU WALK/5K RUN FOR PEGGY SPIEGLER" TO BENEFIT MELANOMA RESEARCH



June 20, 2015

COOPER RIVER PARK  
PENNSAUKEN, NEW JERSEY  
(Rain or Shine)

Registration starts at 7:45 a.m.  
Walk/Run starts at 9:15 a.m.  
Kids Fun Run at conclusion of walk.



The Peggy Spiegler Foundation funds research into the nature, causes, prevention, treatment, and cure of melanoma. Its public programs spotlight the latest in medicine and research in order to disseminate educational information about the prevention of melanoma and other skin cancers.

## Peggy Spiegler

To know her was to love her, admire her, and respect her. Peggy Spiegler was a loving daughter, devoted mother, wonderful grandmother and a special wife. A talented, unselfish teacher, Peggy shared her enthusiasm for learning and generosity of spirit with hundreds of elementary school students and treasured colleagues. Her family and friends were also fortunate enough



to be recipients of Peggy's un-abashed affection and sense of humor. Sadly, in July, 2008, Peggy lost a lengthy and courageous battle with melanoma. Her family and friends, long-acquainted with Peggy's kindness, strength, and intrinsic humanity continue to honor her memory and the special legacy she left to all of us. "It never hurts to be nice," Peggy would advise, and so to continue Peg's goodwill philosophy, we have organized "Talk While You Walk for Peggy Spiegler". Please "be nice." Help us raise money to stamp out melanoma so that others' lives will not be cut short before they are able to fulfill their dreams. Truly, Peggy touched the lives of many people, and in our hearts, we still feel her tender touch.

### IT'S A FACT!

- Skin cancer is the most common form of cancer.
- Melanoma is the most deadly form of skin cancer.
- Every hour one person dies of melanoma.
- Melanoma is the second most common cancer in people ages 15-29.
- Melanoma can affect anyone, regardless of age, sex, or race.
- Today, 1 in 60 people will develop melanoma.

## Information at a Glance

- Walk through beautiful Cooper River Park.
- Free parking is available.
- Registration starts at 7:45 a.m. Walk starts at 9:15 a.m.
- \$30 walk-up registration fee per adult participant
- \$25 pre-registration fee per adult participant; fee for children 12 – 18 is \$10.
- Children under 12 are our guests.
- Water and fruit available.
- We encourage you to form a team and set a minimum fundraising goal.
- Each participant will receive a special T-shirt if registered by June 1st.
- Kids Fun Run immediately after walk.
- *KIDS*—Design your own hat!
- FREE SKIN SCREENING (limited number available)

### ***KIDS—FUN—RUN*** *(at conclusion of walk)*

#### *Additional kids' activities:*

- \*Face Painting*
- \*Balloon Artist*
- and more.*

## Additional Information for Runners

- 5K (3.1 mile) USTA Certified Course
- Run starts at 9:15 a.m.
- Timing and results to be handled by South Jersey Race Timing LLC.
- Awards to top 2 male and female finishers in the following age categories: 14 and under, 15 to 19, 20 to 29, 30 to 39, 40 to 49, 50 to 59, 60 to 69 and 70 to 79.

## REGISTRATION FORM

Please fill out one form per participant. (Kids, too.)

### ***“Talk While You Walk/5K Run for Peggy Spiegler”***

**June 20, 2015**

(Please print carefully.)

Walker     Runner

Age on day of event (June 20, 2015) \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip code \_\_\_\_\_

Phone # \_\_\_\_\_

E-mail \_\_\_\_\_

Male     Female

Team name (if applicable) \_\_\_\_\_

Enclosed registration adult fee \$25.00    Donation \$ \_\_\_\_\_

Child's registration fee \$10.00 \_\_\_\_\_

Make checks payable to (PSMRF)

**Peggy Spiegler Melanoma Research Foundation**

T-shirt size (circle one):

Kids: S M L

Adults: S M L XL

Or go to [www.psmrf.org](http://www.psmrf.org)

**My employer has a matching gift program, and I am including the proper form with my registration.**

**WAIVER:** I hereby acknowledge that I am physically able to participate in the "Talk While You Walk/5K Run for Peggy Spiegler" on June 20, 2015 and waive any and all claims arising out of this event which I might assert against PSMRF directors, and volunteers.

Signature \_\_\_\_\_

Date \_\_\_\_\_

For walkers under 18 years of age: \_\_\_\_\_  
(Parent or Guardian Signature)

**Mail this completed form and check to:**  
**Peggy Spiegler Melanoma Research Foundation**  
c/o Neil Spiegler  
410 Gatewood Road  
Cherry Hill NJ 08003