

HERE'S HOW YOU CAN PARTICIPATE

Mail Registration

Use the Walk/5K Run registration form in this brochure or go to www.psmrf.org. On the homepage, click on "more upcoming events". In the "upcoming events section for 12th 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

Click button on homepage www.psmrf.org to sign up and complete the online registration. The directions for registering and creating your personal fundraising page are easy to follow.

Or

Go to <https://runsignup.com/Race/NJ/PennsaukenTwp/TalkWhileYouRunWalk5K> and complete the online registration.

On-Site Registration

You will also be able to register on-site the day of the event.

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 fundraising goal.

For more information about forming a team, please contact us at info@psmrf.org.

Donate to Peggy's Walk:

If you cannot join us on June 13th and want to support Peggy's Walk, you can send a donation using the attached form or go to www.psmrf.org and donate online.

Check out the Foundation website
www.psmrf.org or contact us at
psmrf.org@gmail.com

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:

Abramson Cancer Center
Barnett & Patterson LLC
Donald Devlin and Associates
DG Technical Sales
Fox Chase Cancer Center
Drs. Heymann, Manders, Green
and Halpern Dermatology
Lexus of Cherry Hill
McMenamin Family ShopRite
Ravitz Family Foundation
Republic Bank
Secured Document Destruction
SJ Printer
Wilmington Trust

Please visit us on the web at
www.psmrf.org



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 TWELFTH ANNUAL "TALK WHILE YOU WALK/ USTA CERTIFIED 5K RUN FOR PEGGY SPIEGLER" TO BENEFIT MELANOMA RESEARCH AND EDUCATION



Saturday, June 13, 2020

**COOPER RIVER PARK
PENNSAUKEN, NEW JERSEY
(Rain or Shine)
Registration starts at 7:45 a.m.
Walk/Run starts at 9:00 a.m.**



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

- Finishers' Medals
- Walk/Run through beautiful Cooper River Park.
- Free parking is available.
- Registration starts at 7:45 a.m. Walk starts at 9:00 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.
- 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 9:00 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, 70 to 79, and 80+.

REGISTRATION FORM

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

"Talk While You Walk/ USTA Certified 5K Run for Peggy Spiegler" Saturday, June 13, 2020

Walker Runner
(Please print carefully.)

Age on day of event (June 13, 2020) _____

Name _____

Address _____

City _____ State _____ Zip code _____

Phone # _____

E-mail _____

Male Female

Team name (if applicable) _____

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

Youth 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

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 13, 2020 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