

**FOR IMMEDIATE RELEASE:**  
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### **SUCCESSFUL “ONE FOOT FORWARD FOR CANCER” VIRTUAL 5K**

Wellness Place supporters near and far participated in the “One Foot Forward for Cancer” Virtual 5k run/walk on Saturday, May 9, 2020. With almost 150 registered participants from NCW and all across the United States, the event was a complete success. Participants raised nearly \$5,000 for Wellness Place and the NCW cancer communities they serve.

“With two of our important spring fundraising events being cancelled due to COVID-19, it quickly became imperative to think outside the box and create a fun and safe way for our supporters to get involved. We had to find a way to continue helping our cancer warriors, as cancer does not stop for coronavirus,” said Executive Director Julie Lindholm.

What is a Virtual 5k? For a \$25 per person donation, each participant could run, walk OR stroll at their own pace (and at the location of their choosing). Supporters participated from their homes, treadmills and outside locations and completed their personal 5k (3.1miles), all while obeying current social distancing rules.

Once registered, the participants were emailed a printable 5k bib and given the opportunity to add the name of a cancer warrior they would like to honor. All participants were encouraged to wear lavender/purple- the official ribbon color of all cancers. Once the 5k was completed, they then were encouraged to share their action photos to the Wellness Place Facebook page.

“It was exciting and incredibly emotional to see all of the fun photos, in different locations and in honor of so many cancer warriors. We had entrants from all over Washington State all the way to the east coast in Maryland. This 5k was such a hit, we are considering making this an annual event,” said Lindholm.

Wellness Place is a 501(c)3 nonprofit organization and our mission is to give compassionate support and **FREE** resources to individuals, their families and caregivers through their cancer journey, from diagnosis to survivorship, for those residing in Chelan, Douglas, Grant and Okanogan counties. For more information visit [www.wellnessplacewenatchee.org](http://www.wellnessplacewenatchee.org).

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