

FLORIDA Brain Cancer 5K

Register
by 3/31,
save \$5



APRIL 7, 2013

JOHN PRINCE PARK, LAKE WORTH

5K RUN/WALK START: 7:30 AM

WWW.FBC5K.ORG



Thursday Night Funs

Now at 6:30pm

Runner's Edge

3195 N. Federal Hwy., Boca Raton



Member spotlight

Katie Heibeck

Hometown: Redding, CT

College: UConn

2:00 Half Marathon

4:28 Full Marathon

Katie went to the University of Connecticut where she studied Nutritional Science/ Dietetics.

Current Goals: She is in the process of writing a nutrition and exercise

book as well as train for her next marathon in November.

About Katie: I love the beach, food, and staying active. I love writing exercise programs and helping others achieve their ultimate fitness goals.

Favorite quote: "You are what you eat"

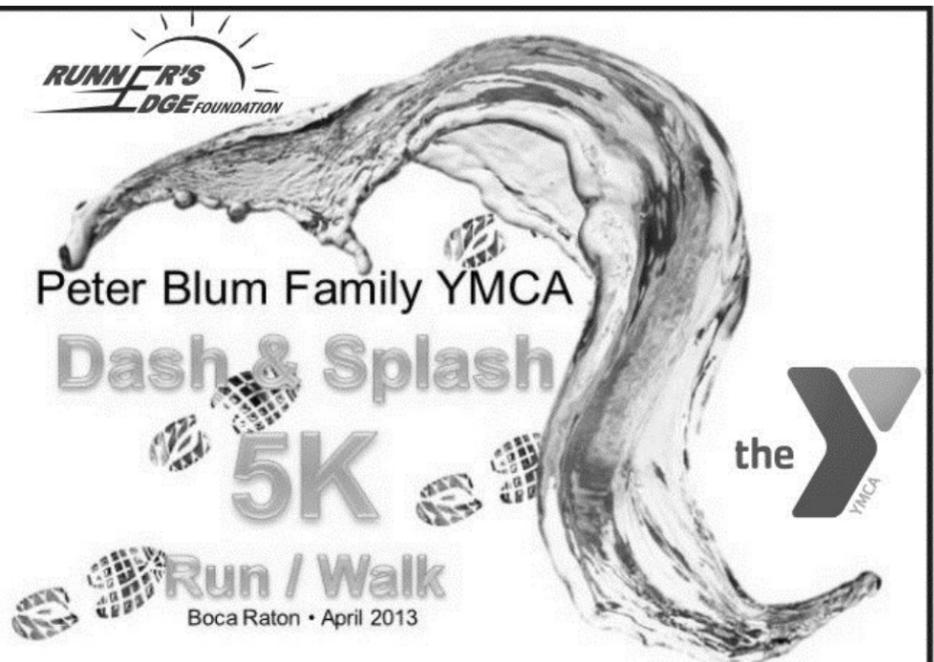
Katie loves to help at local races and you will see her at many of upcoming events.

Larry Davis Scholarship

Deadline May 1st, 2013

- High School Seniors Only
Palm Beach/Broward County
- *This scholarship will be given in the name of Larry Davis. Larry passed away in 2012 from Mesothelioma, an incurable cancer linked to asbestos exposure. As he courageously battled this deadly disease, Larry's love of running kept his spirits high. He ran track throughout high school and began competing in marathons in the late 70's, running in two of the country's most prestigious marathons, Boston and New York, numerous times. Larry was a familiar competitor at races all over South Florida, winning in his division on many occasions. Larry's life and drive largely revolved around his fondness to take to the streets in his favorite sneakers, and with this scholarship we hope to help students who share his enthusiasm for running pursue their goals.*
- www.runnersedgefoundation.org for application.
- **Information: Tom Vladimir 561-361-1950**
- **Scholarships up to \$2,500 per student.**

Applicants must be a senior in high school and a runner (but need not be a fast one) and live in Broward or Palm Beach County currently. They should have an above average GPA and be involved in community activities or volunteering.



YMCA Boca Raton, Boca Raton 5K, 1 Mile & Kids Dash

April 13th, 7:15am

Water features * swim after run

* 5 year age groups awards *

accuchip timing * water costumes

www.runnersedgefoundation.org