



Northwest HOPE & HEALING

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Northwest Hope & Healing Foundation
P.O. Box 16069
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FOR IMMEDIATE RELEASE

253 MARATHONS and COUNTING

*Northwest Hope & Healing presents:
Alki Beach 5k Walk & Run to benefit women who are battling breast cancer*

Warrior Marathon Runner, Carol Dellinger, will make a special guest appearance, offer words of encouragement, and kick off the Alki Beach 5k Walk & Run on Sunday August 28th. Proceeds from the event will benefit the Northwest Hope & Healing (NWHH) Patient Assistance Fund which will provide financial assistance to women battling breast cancer in the Puget Sound area.

Warrior Marathon Runner, Carol Dellinger, has completed 253 lifetime marathons and 19 marathons in the last 18 months after being diagnosed with breast cancer in November 2009. Now 100% cancer free, Carol is an inspiring individual that has that Warrior fighting spirit and proves that challenges can be overcome. She says "Cancer didn't win this battle, I won this battle". "I am alive and cannot wait to live the rest of my life and reach my goal of 500 marathons!". "The Alki Beach 5k is a family friendly community event which offers us a chance to celebrate a survivor, honor someone we've lost to breast cancer, as well as support friends, family and co-workers. Plus all the money raised stays here in the Seattle area to help women get through breast cancer." said Shari Sewell, Executive Director of NWHH.

Walkers and runners can pre-register on line (\$35) at www.alkibeachrun.com or register in person (\$40) starting at 8am at Alki Beach Park on Sunday August 28, 2011. Participants will enjoy

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the sights and sounds of Alki Beach and the West Seattle waterfront on this out-and-back 5k route from the Statue of Liberty at Alki Beach Park and the historic Bathhouse, along the waterfront to Anchor Park.

The annual 5k walk and run will raise money to help provide every day essentials for women who are battling breast cancer. Participants are encouraged to meet a \$100 minimum fundraising goal. \$25 provides a Healing Basket, \$50 buys groceries, \$100 keeps the lights on and the phone connected, \$250 ensures after-school care or childcare during treatment and recovery, and \$500 helps prevent an eviction. Since 2000, the NWHH Patient Assistance Fund has helped more than 1,300 women get through their battle with breast cancer. In addition, more than 5,200 signature “Healing Baskets” have been assembled and delivered, at no charge, to newly diagnosed breast cancer patients.

Special thanks to our generous sponsors whose contributions help offset the cost to produce the event: Krieger Dental, Evergreen Home Loans, The Walking Company, Spud Fish & Chips, Salty’s Seafood Grill, Shine Design, Windermere Foundation and X-Gym.

For more information please visit: <http://www.nwhopeandhealing.org>



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Northwest Hope & Healing is a 501 (c) (3) non-profit foundation, EIN 20-0799737, that provides financial assistance for every day living expenses such as child care, groceries, gas or reliable transportation, & emergency rent to women who are undergoing breast and gynecological cancer treatment at Swedish Medical Center.

Signature Healing Baskets are given free of charge to newly diagnosed breast cancer patients.

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