



A free 12-week program designed to reintroduce cancer survivors to physical activity within a supportive team environment



Alexandria, VA

Practice Begins: Tuesday, July 9th

Schedule: Sundays @ 7:00am
Tuesdays @ 7:00pm
Thursdays @ 6:30am

Location: Belle Haven Marina Park
Alexandria, VA 22308

Goal Race: Sunday, September 29th
RUN! GEEK! RUN! 5K

SURVIVOR PARTICIPANT

Survivors of all ages are welcome to participate regardless of their current cancer treatment status or fitness level. Participants walk/run alongside volunteer coaches and teammates at weekly workouts leading up to the 5K goal race.

VOLUNTEER TEAMMATE

Be a part of a survivor's journey to the finish line! Walk/run alongside survivor participants and provide support and encouragement during each workout and on race day



Scan the QR
Code to register!



Thank you to our program sponsor!