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***ASK Childhood Cancer Foundation Announces 19th Annual ASK 5K and Fun Walk
Sponsored by Anthem***

Richmond, VA - February 28, 2024 - ASK Childhood Cancer Foundation is thrilled to announce the 19th Annual ASK 5K and Fun Walk, scheduled for Saturday, May 18, 2024, at The Diamond in Richmond, VA. This signature event, now in its 19th year, is made possible through the generous sponsorship of Anthem.

The ASK 5K and Fun Walk is more than just a race; it's a celebration of strength, resilience, and community. Over the past 19 years, this event has grown from 300 attendees, primarily families of children undergoing cancer treatment, to hosting over 1,000 participants annually. It has become a beacon of hope and support for the 518 children actively battling cancer and their families across The Commonwealth of Virginia.

"Our goal this year is to raise \$250,000 to support children battling cancer and their families," said Amy Godkin, ASK Childhood Cancer Foundation Executive Director. "So mark your calendars, rally your troops, and join us on May 18 as we stride, stroll, and celebrate hope. Because with your support, the ASK 5K & Fun Walk isn't just a walk – it's a testament to the power of community, coming together to make a difference one step at a time."

The event kicks off with the Kid's Donut Dash at 8:45 am, featuring two waves for children ages five and under and ages 6-10. Participants will sprint 50 yards to earn a tasty treat and a Donut Dash medal. The main 5K event starts at 9:30 am, followed by a post-race festival on the concourse featuring live music by the Jangling Reinharts and activities for all ages.

For those unable to attend in person, virtual registration is available. Participants can run, walk, or bike their 5K route at their convenience. They are encouraged to share their experience on social media using the hashtag #MoreThanAWalk.

"Even corporations can join in on the fun! When you create a corporate team you can help foster team-building while making a meaningful impact in the community," added Amy Godkin.

Online registration closes on Wednesday, May 15, at 11:59 pm. Walk-up registration will also be available during early packet pick-up and on the morning of the event.

The ASK 5K and Fun Walk is not just a fundraiser; it's a celebration of hope, courage, and community. Funds raised from the walk will go towards supporting childhood cancer patients and survivors by providing them and their families with educational support, family support, and a community they can lean on during challenging times. Join us on May 18 at The Diamond in Richmond, VA, as we come together to support children battling cancer and their families across Virginia.

For more information and to register, visit askwalk.org.

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About ASK Childhood Cancer Foundation:

ASK Childhood Cancer Foundation is committed to improving the lives of young cancer patients and their families across Virginia. Through extensive programs and unwavering support, the Foundation aims to create a sense of community, connection, and respite for children battling cancer and their families.