Team Spirit Long Beach

Team Spirit Long Beach benefits cancer support programs available at the MemorialCare Todd Cancer Institute at Long Beach Memorial.

WALK
Join us on Saturday, Sept. 23 for the celebration and 5K. Register at MemorialCare.org/TeamSpirit.

FUNDRAISE
Gather support from friends and family to donate and support you. Visit MemorialCare.org/TeamSpirit.

MAKE A GIFT
Support a participant by donating to their fundraising efforts or make a general donation to the event. Visit MemorialCare.org/TeamSpirit.

SPONSOR
Businesses or individuals can show their support by becoming an event sponsor.

VOLUNTEER
Show your support by lending a hand at the event.

For more information about sponsorships or volunteer opportunities, contact (562) 933-3500 or TeamSpirit@memorialcare.org.
**ENTRY FEE:**

- Early registration fee: $45 – before July 15
- Regular registration fee: $55 – July 15 – Sept. 20
- Same-day registration: $70

Children under 12 are free. Please complete a separate registration form for each child and include an adult’s signature for the waiver.

The fee for registering is fully tax deductible.

For questions, call (562) 933-3500.

**EVENT SCHEDULE:**

7 a.m.  Registration
7:30 a.m.  Reunite with your Team Spirit friends. Chat over coffee and a light breakfast provided by Ralphs®
8 a.m.  Opening ceremony
8:15 a.m.  Get ready and stretch
8:30 a.m.  5K walk starts
9:45 a.m.  Closing ceremony

Celebrate success and this great cause!