

*Virtual Celebration!*

**ZERO**  
PROSTATE CANCER  
RUN/WALK

HAMPTON ROADS • 2020

**GOING VIRTUAL**

*GOING VIRTUAL*

## The ZERO Prostate Cancer Run/Walk - Hampton Roads is **Going Virtual on November 14!**

*Support Hampton Roads Prostate Cancer Patients During COVID-19*

This live-streamed virtual event will feature some of the best aspects of the in-person event, including family-friendly programming and activities, a celebration of our amazing fundraisers, a chance to get outside, and a #ZEROSTrong ceremony that will honor local patients, caregivers, and survivors. Plus, funds raised will benefit area patients who have been impacted by COVID-19. It's free to register, so sign up and make a difference for your local prostate cancer community today!

QUESTIONS? Email us at  
[paces@zerocancer.org](mailto:paces@zerocancer.org) or call 202-303-3110

Saturday

November 14, 2020

9 a.m.



**REGISTER  
FOR FREE!**

[zerocancer.run/hamptonroads](https://zerocancer.run/hamptonroads)

PREMIER NATIONAL PARTNER

**abbvie**

HOSTED BY



TO BENEFIT

**ZERO**  
THE END OF PROSTATE CANCER

# How Can You Get Involved to Support Prostate Cancer Patients and Families?



## Register:

**Sign up for free at [zerocancer.run/hamptonroads](https://zerocancer.run/hamptonroads)**

Donate \$40 at time of registration or fundraise \$40+ by event day and receive a tech event shirt in the mail following the event.

## Fundraise:

**Encourage your friends and family to support you!**

Raise funds that support programs that directly aid patients and families who need support now more than ever! We even have some great fundraising rewards you can earn.

## Get Active:

**Get creative and take part in a safe activity!**

While our focus is on celebrating, we still encourage you to do something active that you love (run, hike, golf, yoga, swim, cook, color with your kids, take your dog for a walk, etc..).

## Share:

**Post on social media and let everyone know what you're doing!**

Together we are #ZEROSTrong. Want to see your picture featured on the event website? Post on Facebook, Twitter or Instagram and tag @zerocancer with the hashtag #ZEROSTrong (make sure your post is marked public).

## Tune In:

**Join us for the Livestream event on November 14!**

Live programming will begin at 9 a.m. on [zerocancer.run/hamptonroads](https://zerocancer.run/hamptonroads).

QUESTIONS? Email us at [races@zerocancer.org](mailto:races@zerocancer.org) or call 202-303-3110

WHERE THE MONEY GOES  
**86** CENTS OF EVERY DOLLAR GOES TO PROGRAMS & ACTIVITIES

Proceeds from this event will help local patients and caregivers who have been impacted by COVID-19. Learn more about what ZERO is doing to help the prostate cancer community during this time at [zerocancer.org/coronavirus](https://zerocancer.org/coronavirus).