

# RUN FOR RESILIENCE OSTOMY 5K™

NASHVILLE, TN  
PORTLAND, OR  
BIRMINGHAM, AL  
PENNSAUKEN, NJ  
HARRISON TWP, MI  
E. STROUDSBURG, PA

DURHAM, NC  
MESA, AZ  
BOISE, ID

SPONSOR TABLES\* KIDS' ACTIVITIES\* REGISTER AT:

## OSTOMY5K.ORG



Natalie Koziuk photo

## SATURDAY OCTOBER 6 & 13 2018

## VIRTUAL RUN ANYWHERE USA

-OR THE WORLD-

You'll get a race bib and t-shirt to run/walk  
wherever you want!

### ONLINE REGISTRATION:

Certified 5ks: \$27.50 (NC, ID,  
TN, PA, MI)  
Fun Runs: \$15 (AL, OR, AZ, NJ)  
Kids: \$10

*Limited tech t-shirts available*

### ONLINE DONATION:

[www.ostomy5k.org](http://www.ostomy5k.org)

Join us on World Ostomy Day **Saturday, October 6, 2018** for the **Run For Resilience Ostomy 5k**. Support Ostomy Awareness and celebrate the resilience of the ostomy and continent diversion community by attending or supporting an event near you. Walk, run, or roll at a family-friendly 5k in NC, NJ, MI, PA, TN, AZ, OR on Oct. 6 or Oct. 13 in ID. Select the Virtual Run to do your own 5k at your favorite place to run or walk! Organize your family, friends or support group into a team to join you on your virtual run/walk.

All events benefit **United Ostomy Associations of America, Inc. (UOAA)**, a 501(c)(3) charitable organization. Contact UOAA at [5kregistration@ostomy.org](mailto:5kregistration@ostomy.org) or 800-826-0826 with questions, or for sponsorship information.

# OSTOMY5K.ORG

Run for Resilience Ostomy 5k events will be held in:



NEW JERSEY  
N. CAROLINA

MICHIGAN  
OREGON

ARIZONA  
IDAHO

PENNSYLVANIA  
ALABAMA

TENNESSEE  
WORLDWIDE