



PO Box 24, Montchanin, DE 19710
**Press Release for Mark J. Dowling Foundation, Inc. Sarcoma Awareness 5k
Run/Walk**

For Immediate Release:

**Contact: Barb Kursh 302-521-0134
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Re: Mark J. Dowling Foundation, Inc. Sarcoma Awareness 5K Run/Walk

October 20, 2014, Wilmington, DE: The first Mark J. Dowling Foundation Sarcoma Awareness 5K Run/Walk will be held on Sunday morning November 9th starting at 10:00 AM at the Riverfront (Dravo Plaza, 815 S. Justice Street, Wilmington, DE 19801). Proceeds from the race will go to the Mark J. Dowling Foundation and the Christiana Care Special Needs Fund.

The Mark J. Dowling Foundation, Inc. is a non-profit organization that aids patients, survivors and caregivers affected by sarcoma and other rare cancers through educational resources, financial support and holistic encouragement. Mark J. Dowling states that the organization was founded because “As a sarcoma survivor I was truly blessed to receive support from so many people at the Helen F. Graham Cancer Center at Christiana Care and in the community. I want to share my personal story of hope, strength, resilience and motivation in the face of adversity to help bring awareness of the disease and about the research taking place to find a cure. I see the world as having endless possibilities, and I know that anything you dream can be achieved.”

To learn more about Mark’s journey and about the organization go to www.markdowling.org or call 302-897-2270.

This event is possible thanks to Races2Run, with the sponsorship from Bear MRI/Imaging Center and Limestone Open MRI/Imaging Center and help from Crossfit Riverfront, Smyrna and Dover locations, Independent Origami Owl designer Nicole Alessandrini, The Party Guy DJ, Rehab and Wellness, Pizza by Elizabeth’s, Cabot Cheese, Blue Rocks Rocky Blue Winkle, and a host of other local patrons. Be sure to bring cash and credit cards for raffles and to purchase cool vendor items that will benefit the Foundation.

The course is USATF certified with chip timing. The first 200 entrants receive a long sleeved tee shirt and awards go to top three male and female finishers in ten-year age categories 13 and under to 70 and over, to top teams and fundraisers, and top three male and female walkers. A kiddie run for ages 8 and under will be held. There will be fun-filled family activities, music, post-race refreshments, raffles, and educational services.

To acknowledge Sarcoma Awareness dress in yellow. November is National Caregivers Month so participants may want to consider wearing a plum color. Let's have a sea of yellow and plum at the event!

Wayne and Barb Kursh, race directors, invite everyone in the area to come to Dravo Plaza and join Mark, his wife Desiree, the Foundation Board of Directors, family, and friends at this wonderful first time event. Please bring a canned food item or a gift card to the local grocery store to help the needy cancer patients at the Helen F. Graham Cancer Center at Christiana Care celebrate Thanksgiving.

Registration is available online at www.races2run.com for \$20.00 until noon on Thursday prior to the run or at the Delaware Running Company. Registration on day of event begins at 9:00 AM and is \$25.00. Race begins at 10:00 AM sharp. To volunteer sign-up at www.volunteerdelaaware.org Additional donations are accepted at the race or on line at www.markdowling.org.

Barb Kursh
President

The logo for "Races 2 Run" features the word "Races" in blue, a green square with a white number "2", and the word "Run" in blue.

Attached Photo Caption:

The Mark J. Dowling Foundation will host its first Sarcoma Awareness 5K Run/Walk on November 9 at the Riverfront in Wilmington starting at 10:00 AM. Mark, a sarcoma survivor who lost his right arm to the disease, and wife Desiree are pictured. The couple started the foundation to help others with sarcoma.

JPG (Mark and Desi 3) below and as separate file:



For Community Calendar:

The Inaugural Mark J. Dowling Foundation Sarcoma Awareness 5K Run/Walk will start and finish at the Riverfront in Wilmington on Sunday, November 9th. Race starts at 10.00 AM. Register in advance at www.races2run.com or on day of event. Please dress in yellow or plum and bring a canned food and/or grocery store gift card.