



MAKE YOUR NEXT RACE REALLY COUNT

*Raise funds for Mercy's Heat It To Beat It at the
2015 Baltimore Running Festival!*

SATURDAY, OCT 17, 2015 @7:00AM
at M&T Bank Stadium

A NEW WAY TO SUPPORT Mercy's 6th Annual Heat It To Beat It Walk is to join the Heat It To Beat It running team at the Baltimore Running Festival. The Heat It To Beat It (HITBI) running team will be one of 20 charity teams participating in the Festival.

Funds raised by the Mercy Heat It To Beat It running team at the Baltimore Running Festival will benefit Mercy's Heat It To Beat It Walk, an annual event to raise funds and awareness for Peritoneal Carcinomatosis, a complex cancer found in the abdomen. Heat It To Beat It is a reference to the heated chemotherapy treatment, HIPEC, used by Mercy surgeons, Dr. Armando Sardi and Dr. Vadim Gushchin, to treat PC.

Runners may participate in any of the Baltimore Running Festival races and raise funds and awareness for Mercy's Heat It To Beat It. Interested runners should send an email to

» heatit@mdmercy.com to sign up for the HITBI running team.

HEAT IT TO BEAT IT RUNNING TEAM MEMBERS WHO MEET THE MINIMUM FUNDRAISING REQUIREMENTS WILL RECEIVE THE FOLLOWING:

- Entry into the Baltimore Running Festival race of your choice
- Baltimore Running Festival event shirt and a Heat It To Beat It T-Shirt
- Access to the Heat It To Beat It team hospitality area on race day. The meeting place serves as a gathering place for your friends and family, and a place to secure your belongings. Coffee, drinks, fruit, and snacks will be available for runners
- Training tips from Mercy
- Training runs leading up to the Baltimore Running Festival
- 2 admission tickets for Maryland Zoo in Baltimore for those who raise over \$250
- 2 tickets to BreastFest at Power Plant Live! for those who raise over \$1,000

HEAT IT TO BEAT IT

HOW TO BECOME A HEAT IT TO BEAT IT **RUNNING** **TEAM MEMBER:**

- Send an email to heatit@mdmercy.com to register as a participant.
- You will receive a commitment form, which confirms your participation and details on setting up your fundraising page for HITBI.
- After your commitment form is received, you will be registered for the race of your choice and provided with access to your individual fundraising page on the HITBI website to be used for collecting contributions from sponsors and individuals. Baltimore Running Festival race options and suggested minimum fundraising requirements are listed below:
 - **5K – \$250**
 - **Half Marathon – \$550**
 - **Marathon – \$750**
 - **Team Relay – \$250/person or \$1,000 per team (this race always sells out first!)**

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