

# Down the causeway: runs, walks and rides for a good cause



The Komen Race for the Cure is for all ages.

Photo by Nick Young

## Race for the Cure

Register now for the 17th annual Komen North Texas Race for the Cure. The Saturday, June 2 event includes a 5K run/walk at 8 a.m. and a 1-mile fun run/walk at 8:30 a.m. A breast cancer survivor ceremony will take place at 9:30 a.m. The race will be held at the campus of its presenting sponsor, EDS.

The race is the largest

fundraiser for the North Texas affiliate of Susan G. Komen for the Cure. With more than 12,000 people participating last year, \$800,000 was granted to organizations providing breast cancer education, screening and treatment in North Texas. For more information, call 972-378-4808 or visit [www.komennorthtexas.org](http://www.komennorthtexas.org).

## for a good cause

*Diabetes and high blood pressure are the leading causes of kidney failure, accounting for 75 percent of all kidney failure cases.*

– National Kidney Foundation of North Texas

## 2007 Plano Kidney Walk

One in nine Americans live with chronic kidney disease and more than 30,000 Texans are on dialysis, according to the National Kidney Foundation of North Texas. To bring awareness to this disease, the 2007 Plano Kidney Walk is Saturday, April 14 at LakeSide Market in Plano. Participants can choose to walk a 1-mile route, which is wheelchair accessible, or a 3-mile route.

Check-in begins at 8 a.m. and the walk is at 9 a.m. Free kidney disease screenings begin at 1 p.m. Family activities will include face painting, bounce houses, sports demonstrations, and the PAWS therapy dogs. Individuals who raise \$50 will receive a T-shirt, and prizes will be awarded to those who raise \$200 or more. Trophies will be awarded to individuals who raise the most money and teams who have the most members registered. Visit [www.kidneywalk.org](http://www.kidneywalk.org).

## Wildflower Run

The fourth annual Wildflower Run, presented by the Plano Parks Foundation, is Saturday, May 5 at Plano's Arbor Hills Nature Preserve. Sponsored by Classic BMW and Whole Foods, along with several other local businesses, proceeds will benefit the Plano Parks Foundation's wildflower seeding initiatives.

The 5K run and 1-mile fun run/walk begin at 8 a.m. Early registration is \$16 by April 27 online or by mail, and late registration is \$19 between 11 a.m. - 7 p.m. on May 3 - 4 at Whole Foods off Park and Preston roads. Brochures are available at Plano Parks recreation centers and local running stores. Call the race director at 972-678-2244 or visit [www.planowildflowerrun.org](http://www.planowildflowerrun.org).

## “Make the Break” 5K Run/Walk

Genesis Shareholders, an auxiliary of Genesis Women’s Shelter, is increasing awareness of domestic violence with its “Make the Break from Domestic Violence” 5K Run/Walk on Saturday, April 21 at Reverchon Park in Dallas.

Registration is \$20 for

teams of five or more and \$25 for individuals. Registration begins at 9:30 a.m. and the run/walk is at 10 a.m. A post-race celebration will kick off at 11 a.m. with food, musical entertainment, and family-fun activities. Call 214-559-2050 or visit [www.genesisshelter.org](http://www.genesisshelter.org).



Photo by Nick Young

## Team in Training

The Leukemia & Lymphoma Society’s Team In Training (TNT) provides training to walk, run or ride in marathons, half marathons, triathlons, and bike rides. TNT is the leading fundraiser for the Leukemia & Lymphoma Society, last year investing \$61.6 million to more than 480 research projects around the world.

An informational meeting is Tuesday, April 10 for the North Texas chapter. Call 972-354-8326 for the time and location. Visit [www.teamintraining.org](http://www.teamintraining.org) for a schedule of events.

## Relay for Life

Cancer survivors and volunteers will converge at the Ballpark at Alcatel to join in the fight against cancer April 13 - 14 at the 2007 Plano Relay for Life. WFAA/Channel 8 reporter Steve Stoler, an active member of the Plano community and a cancer survivor, will be the honorary chairperson. For more information, contact Lura Scott at 972-335-8405 or e-mail [lkscott128@tx.rr.com](mailto:lkscott128@tx.rr.com), or visit [www.planorfl.org](http://www.planorfl.org).

## Walkathon benefits women

Faith Lutheran School students may be asking you to sponsor them as they walk around their school on Friday, May 11 to raise money for Real Options. Real Options helps women cope with unplanned pregnancies and provides screening for women at risk for sexually transmitted diseases. Call 972-423-7447.

## MS 150 cruises in May 5 - 6

Cyclists will ride from Frisco to Fort Worth May 5 - 6 for the Sam’s Club MS 150. The ride raises funds for research in multiple sclerosis. *Turn the page for more information.*

## Child Abuse Prevention and Awareness Month

April is Child Abuse Prevention and Awareness Month, and CITY House is asking the community to get involved. Charles Wolford II, executive director of CITY House, said, “With support from our community, we can help the children we serve begin the healing process and break the cycle of abuse and neglect.”

Wolford anticipates My Friend’s House, a home for newborns to children age 9, “to be born” August 2007. “We have carefully designed a fun, inviting and therapeutic home to provide a wonderful environment for hope and healing,” he said.

### Candlelight Vigil

Sunday, April 1 at 7 p.m.

Haggard Park, 907 17th St., Plano

*Plano Mayor Pat Evans and other local dignitaries will participate in a candlelight vigil to remember those who have suffered from child abuse.*

### Family Fun Day

Saturday, April 7 from 12 - 3 p.m.

Haggard Park, 907 17th St., Plano

*Family-friendly activities such as bounce houses, face painting, kids crafts, and refreshments will be on hand as well as local crime prevention units and child safety information.*

### A Celebration of Hope

Sunday, April 22 from 2:30 - 4 p.m.

Custer Road United Methodist Church, 6601 Custer Rd., Plano

*This concert features local musicians from UMC, Fellowship Bible Church - North, Shiloh Missionary Baptist Church, and St. Andrew UMC.*

### Child Abuse Prevention Conference

Wednesday, April 25 from

8:30 a.m. - 1 p.m.

SMU-in-Legacy, 5228 Tennyson Pkwy., Plano

*This conference is geared for individuals that work with children such as parents, teachers, nurses, and child-care workers.*

*For more information on CITY House or My Friend’s House, call 972-424-4626 or visit [www.cityhouse.org](http://www.cityhouse.org).*