

WHAT IS SURVIVOR HARBOR 7?

Survivor Harbor 7 is a 7-mile race and 4-mile run/walk presented by the **Active Survivors Network**. Approximately 2,000 participants are expected in 2010. It is the only race in Baltimore with permits to run on the promenade and through Fort McHenry National Park. Survivor Harbor 7 is the only established race with a competitive division of survivors of illness or accidents. 160 survivor athletes are expected to compete from 20 different states.

WHEN IS IT? Sunday, June 13th, at 7:30 a.m.

WHERE DOES IT BEGIN? Tide Point on Hull St. (near Ft. McHenry) in Baltimore, MD

WHERE DOES IT END? The Can Company/Canton on Boston St. in Baltimore, MD

WHAT IS NF, MID-ATLANTIC, INC. PLANNING?

[TEAM NF](#) is a group of people associated with Neurofibromatosis who have volunteered to form a team of walkers/runners dedicated to:

- Raising awareness about NF by being a public presence
- Soliciting donations for NF (a minimum of \$50—although \$35 of which goes to race operations)
- Feeling better by getting exercise and raising money for NF, Inc. – Mid-Atlantic!

WHO IS ELIGIBLE TO BE A MEMBER OF [TEAM NF](#) ?

Anyone who:

- Is capable of walking/running 4 miles or interested/able to run 7 miles
- Desires to help raise awareness about NF
- Is of legal age, or a child of 7 or above and accompanied by an adult of at least 18 years of age

IF I DON'T WANT TO WALK, WHAT ELSE CAN I DO?

- Volunteer at the Team Booth
- Make a donation to the team (<http://www.active.com/donate/teamnf>)

WHAT ARE THE BENEFITS OF BEING A MEMBER OF [TEAM NF](#)?

- Meet others who care about Neurofibromatosis, Inc.-Mid-Atlantic
- Get some great exercise
- Raise awareness
- Increase your wardrobe (each team member gets a specially designed [TEAM NF](#) t-shirt!)

HOW DO I SIGN UP?

- Go to www.nfmidatlantic.org and follow the [TEAM NF](#) link, to download the TEAM NF registration form or
- Call the NF, Inc Mid-Atlantic office at: (866) 261-1271, or
- Email us directly at: teamnf@nfmidatlantic.org

The course will be clearly marked with cones and volunteers in race shirts. It is flat and includes a few tight turns across the bridges by the Inner Harbor on the promenade. There are a few crossing on cobblestone (entrance to Rash Field, Inner Harbor East and in Fells Point) so be careful. The courses will also be led by bicycles and motorcycles to ensure no wrong turns.

JOIN US!!