



TEAM pablove

5K corporate challenge



- ♥ Promote your company
- ♥ Encourage a healthy lifestyle
- ♥ Boost employee morale
- ♥ Fight childhood cancer with **LOVE!**

ABOUT THE PABLOVE FOUNDATION

At The Pablove Foundation, we are driven by one simple vision:

**Helping kids with cancer *live*—
a *love*-filled life today, and a cancer-free *life* tomorrow**



The Pablove Foundation is named after Pablo Thraikill Castelaz, the son of Jo Ann Thraikill and Jeff Castelaz and the little brother of Grady Gallagher. Pablo was six years old when he lost his valiant yearlong battle with bilateral Wilms Tumor, a rare form of childhood cancer. With the love of our community, The Pablove Foundation's mission continues to:

INVEST in underfunded, cutting-edge pediatric cancer research

INSPIRE cancer families through education

IMPROVE the lives of children living with cancer through the arts

It's what we call fighting childhood cancer with **love**.

COMMIT TO THE CHALLENGE

Team Pablove is an opportunity to engage your employees in a **morale-boosting, team-building** initiative to make an immediate impact for children fighting cancer. As a member of our Team Pablove 5K Corporate Challenge, your organization will commit to having a team run the LA Big 5K on Saturday, March 14, 2015 while raising funds for The Pablove Foundation.

Healthy lifestyles and feelings of goodwill have been proven to boost employee productivity and loyalty. As your team goes “all-in” to fight childhood cancer with love, they will learn to collaborate while letting the community know that your company cares about kids. And best of all, you will help kids with cancer **live—a love-filled life today, and a cancer-free life tomorrow**. We ask that you:

- ♥ Designate a Team Captain, who will serve as the primary point of contact for Pablove staff, support the team’s training and fundraising, and encourage employees to join the team.
- ♥ Recruit a minimum of 4 athletes to run the LA Big 5K. Family and friends of your employees are welcome to join!
- ♥ Commit to a fundraising minimum of \$2,000 for a team of four. Each additional team member should plan on raising \$250.

WHAT WE PROVIDE

Guaranteed spots in the LA Big 5K

Access to running clinics with the experts at Fleet Feet Burbank, our official running store

Team Pablove Welcome Kit with an exclusive Team Pablove dri-fit race tee for all team members

Introductory consultations with sports medicine specialist Dr. Donald Richardson

Discounts on Pablove and Fleet Feet Burbank gear

Personalized fundraising web page for each runner

Team Pablove post-race carb-load dinner

A dedicated liaison at The Pablove Foundation who can help with recruitment, fundraising, and mentorship to achieve your fitness and team-building goals



“Lacing up my shoes for Team Pablove and fundraising almost immediately revealed the generosity of spirit in everyday folks near and far. It’s fuel for the soul!”

– Richie, Team Pablove LA Marathon runner

Questions or ready to take the **TEAM pablove** 5K Corporate Challenge?
Contact Ashley Lough at 323.657.5557 or ashleylough@pablove.org.

If you cannot participate this year, but would still like to make a donation to Team Pablove’s 2015 LA Marathon team, visit pablove.org/lamarathon.

