

25th Annual Run for Life 5k



Photo courtesy of Zeta Tau Alpha at UVA Run for Life 5k

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For 24 years, the students at UVA have joined to race against the threat of breast cancer. People of all ages and areas of life come out to walk for loved ones who were diagnosed or lost their lives to breast cancer.

This year on April 6 at 8:30 a.m., the Zeta Tau Alpha sisters are arranging the event, and it already has more than 100 participants. Every dollar goes to the UVA Breast Cancer Center and the Zeta Tau Alpha Foundation, which both work towards the research and education of breast cancer treatments.

"I started running in elementary school when I did a cancer awareness walk, and I have been doing charity walks ever since. I don't do them for the competition; I do it for the cause," said Kelsey Crow, a PVCC student who does the runs and donates to the causes whenever she has can.

This 25th Annual Run for Life 5k is held in honor of Paxson MacDonald, who passed away Oct. 7, 2014, due to a brain tumor. She played a big part in the creation of the charity run and in the community as a role model.

This run is also in honor of the victims of

cancer because breast cancer affects one out of every eight women.

There are usually an average of 1,000 participants each year, combining the community of both Charlottesville and UVA.

Last year's run raised over \$30,000 for the cause, using 40 percent in the ZTA foundation and giving 60 percent to the UVA Breast Care Center.

Crow said, "Make sure to pick the causes based on what you like. Also make sure to stay hydrated and motivated. Keep high energy, but don't let the competition consume you because this is for charity. If you feel discouraged or tired, remember who and what you're running for. Anybody can do these; you don't have to be extremely active."

There is a race packet and t-shirt pickup on April 5 at the Whispering Hall and April 6 at Westminster Presbyterian Hall. The registration for the run will be held April 6 at 8:30 a.m. in the center of UVA in a field by McCormick rd. The 5k run will begin at 10 a.m. Everyone is encouraged to sign up (for \$20) to participate and support those who are suffering from breast cancer.