Run-walk to benefit thyroid cancer

Lake Tahoe's Movement of Wings will bring basin communities together on Sept. 5 to raise awareness about thyroid cancer.

LTMW aims to provide a fun, community-generated event that will provide support and a proactive way to fight this disease, while promoting a healthy lifestyle in one of the most beautiful places to run, Lake Tahoe. Proceeds will be donated to ThyCa.

ThyCa (Thyroid Cancer Survivors' Association Inc.) is a nonprofit organization of thyroid cancer survivors, family members, and health care professionals. They are dedicated to support, education, and communication for thyroid cancer survivors, their families and friends. ThyCa also sponsors Thyroid Cancer Awareness Month, year-round awareness activities, and thyroid cancer research fundraising and research grants.

The Butterfly Effect 5K Run, Walk and Stroll benefits ThyCa and aims to inform the community on thyroid cancer, the fastest growing cancer in the United States.

The morning will start with a 5K run and walk at 9am and 9:05am, respectively, and a slightly shorter "stroll" option starting at 9:10am, for those who want a more moderate option or who may be fighting thyroid cancer but still want to participate.

After the races the Caterpillar Dash, a short race that is free for children 9 and under, will take place on the Village Green in Incline Village, followed by a Mutt Strut doggie dress-up contest and post-race Zumba dance party.

In addition to scheduled events there will be food trucks,

face painting and arts and crafts for the kids, booths representing local businesses and nonprofits, and a silent auction with a variety of fabulous items from several favorite local businesses.

Attendees are encouraged to wear wings and colors representing the fight against thyroid cancer (teal, pink and blue). Wings will also be available for a small donation at the event.

To register or for more info, go **online**.