



Please choose between ONE of the following essay prompts. Your essay should be a minimum of 500 words. Alternatively, you may also choose to submit a 3-minute video addressing ONE of the following prompts. 1. Write a letter that you would have liked to receive during your cancer experience (e.g., from another survivor, a parent, etc.) 2. Each summer, our 4K for Cancer program has 200 young adults who dedicate their summer cycling or running across the country to support and raise awareness of the Ulman Cancer Fund mission. If you were to meet the group, what would you tell them about being a young adult impacted by cancer that would inspire them on their summer-long journey?