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**1,000+ Women Runners and Walkers to Lace Up for MOCA at  
Unleash the SHE in St. Paul**

***The popular, women's-only race supports ovarian cancer research and awareness***

(MINNEAPOLIS, MINN., September 25, 2018) More than 1,000 women from across Minnesota and the Midwest are expected to run and walk to make a difference against ovarian cancer in the Unleash the SHE 5K/10K race on Sunday, October 14 at Phalen Park in St. Paul.

The Unleash the SHE 5k/10k is one of the largest and fastest growing women-only races in the state. The event's presenting sponsor is Mayo Clinic. The race benefits the Minnesota Ovarian Cancer Alliance and is organized by Final Stretch, Inc. MOCA is a statewide non-profit dedicated to raising awareness of ovarian cancer and funding research needed to detect the disease early and treat it properly.

This is the ninth year of the race that continues to attract increasing crowds interested in supporting MOCA each year. Five dollars of each registration fee benefits MOCA; runners and walkers have the option to raise even more by starting a fundraising page. Many runners and walkers turn out in teal, the signature color of ovarian cancer awareness.

"There is no test for ovarian cancer. That's why it's so vital that women know the symptoms of the disease. Our connection to the Unleash the SHE race means we can educate and impact thousands of women, who can then share the message with their friends and family," said Kathleen Gavin, MOCA executive director.

Interested participants can register to walk or run in the Unleash the SHE race at [www.UnleashTheShe.com](http://www.UnleashTheShe.com).

With the code MOCALOVE, runners and walkers can save \$5 on registration and an additional \$5 will go to benefit MOCA's research funding and programming. Day-of registration is available at the race site starting at 7:30 a.m. on Sunday, Oct. 14.

MOCA is excited to announce that Chris Carr and McKaila from K102's Chris Carr & Company morning show.

Participants will receive a long-sleeved, technical-cut Unleash the SHE shirt, along with refreshments and a chance to win door prizes. Ovarian cancer survivors are also recognized with a special open-mic presentation and survivor goody bags.

**About the Minnesota Ovarian Cancer Alliance:** The Minnesota Ovarian Cancer Alliance (MOCA) is a statewide non-profit organization dedicated to raising awareness, providing support to women and families impacted by the disease and funding the research needed to detect ovarian cancer early and treat it properly. MOCA was founded in 1999. Since then, MOCA has grown to an organization of 1,000 survivors and more than 45,000 supporters with a full range of programs encompassing education, support and research. MOCA has awarded more than \$8 million to research projects for ovarian cancer research in Minnesota. For additional information, go to [www.mnovarian.org](http://www.mnovarian.org) or call (612) 822-0500.

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