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Spin it Teal for Ovarian Cancer Awareness and Research Funding

Second Annual Spinning Event to Benefit Minnesota Ovarian Cancer Alliance

(Minneapolis, MINN. October 10, 2014) For the second year in a row, Minnesotans are invited to spin and sweat for a good cause on Saturday, Nov. 8 as the Minnesota Ovarian Cancer Alliance (MOCA) hosts their second annual Spin it Teal fundraising event. MOCA is a statewide non-profit dedicated to raising awareness of ovarian cancer and funding the research needed to detect the disease early and treat it properly.

Spin it Teal is a one-day event taking place at The Firm in Minneapolis, Minn. For a \$30 registration fee, participants can take part in a fun, high-energy spin class and enjoy refreshments and giveaways.

There are two classes to choose from that day – 10:00 a.m. and 1:30 p.m. Thanks to The Firm’s generous donation of time and space, all registration fees go directly to MOCA’s research funding, support and programming efforts. And a matching grant means that all registration fees and donations up to \$11,000 will double to benefit MOCA.

Teal is the color of ovarian cancer awareness. The goal of Spin it Teal is to raise funding for ovarian cancer – and raise more awareness about the symptoms of the disease, for which there is no test. Men and women – of *all* athletic abilities – are encouraged to take part in Spin it Teal.

“We’re always looking for ways to reach new audiences with our message about ovarian cancer awareness,” said Kathleen Gavin, MOCA executive director. “The money raised through Spin it Teal stays here in Minnesota, to fund researchers and to provide support and education to women and families. We’re excited that Spin it Teal will be a healthy and fun way to get people thinking about ovarian cancer.”

Spin it Teal is the brainchild of a 11-year ovarian cancer survivor, Pam MacDonald. Pam has beaten the odds as a Stage III survivor. An avid spinner, Pam has a passion for giving back to MOCA and has provided her support in coordinating the Spin it Teal event. She’ll be spinning with dozens of others at her home gym, The Firm in Minneapolis on November 8.

“As a survivor, I feel committed to doing this work and making an impact against ovarian cancer,” said Pam. “Unfortunately, there are so many women who aren’t able to continue the fight – too many are misdiagnosed or diagnosed late. I am driven to do this work in their honor.”

Each participant will receive a Spin it Teal t-shirt and snacks. Space is limited in each class, so registrants are encouraged to register early. To register for Spin it Teal, go to: <http://bit.ly/SpinItTeal>. Questions about Spin it Teal can be directed to the MOCA office at (612) 822-0500.

About the Minnesota Ovarian Cancer Alliance: The Minnesota Ovarian Cancer Alliance (MOCA) is a statewide non-profit organization, founded in 1999, 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 serves more than 800 survivors and has a network of more than 45,000 supporters with a full range of programs encompassing education, support and research. MOCA has awarded more than \$4 million to 50+ ovarian cancer research projects in Minnesota. For additional information, go to www.mnovarian.org or call (612) 822-0500.