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Spin it Teal for Ovarian Cancer Awareness and Research Funding

Third Annual Spinning Event to Benefit Minnesota Ovarian Cancer Alliance

(Minneapolis, MINN. October 27, 2015) For the third year in a row, Minnesotans are invited to spin and sweat for a good cause on Saturday, Nov. 7 as the Minnesota Ovarian Cancer Alliance (MOCA) hosts their third 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 and DharmaCycle Yoga in Minneapolis, Minn. There are three classes to choose from that day – 10:00 a.m. at The Firm and 2:00 p.m. at DharmaCycle Yoga. The 12:30 p.m. class at DharmaCycle Yoga is sold-out.

For a \$50 registration fee, participants can take part in a fun, high-energy spin class and enjoy refreshments and giveaways. Participants can take part in two classes for a reduced rate of \$75.

All registration fees and donations go directly to MOCA's research and programming efforts. Thanks to a generous matching donation, all donations and registrations up to \$25,000 will be matched. Last year, Spin it Teal raised enough money to fund an ovarian cancer research grant from 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 will fund researchers and 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 13-year ovarian cancer survivor, Pam MacDonald. Pam has beaten the odds as a Stage III survivor. She just finished treatment for her third recurrence of the disease this month.

An avid spinner, Pam has a passion for giving back to MOCA and has provided her support in coordinating the Spin it Teal event.

"My hope hasn't been taken away, and it's important to me to make a difference so that other women don't have their hope taken away," said MacDonald. "I believe that the research funded by MOCA is

going to make a difference in the fight against ovarian cancer – and I'm excited to think that Spin it Teal will help make that possible."

Space is limited in each class, so registrants are encouraged to register early. To register for Spin it Teal, go to: www.mnovarian.org. 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 1,000 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 \$5 million to 50+ ovarian cancer research projects in Minnesota. For additional information, go to www.mnovarian.org or call (612) 822-0500.