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### **Unleash the SHE 5K/10K Race Celebrates 6<sup>th</sup> year in Rochester to Benefit the Minnesota Ovarian Cancer Alliance**

(MINNEAPOLIS, MINN., Feb. 12, 2016) More than 1,000 women will walk and run to change the course of ovarian cancer at the Unleash the SHE 5K/10K in Rochester, Minn. on Sunday, May 1. Now in the race's sixth year, the Unleash the SHE race benefits the Minnesota Ovarian Cancer Alliance (MOCA) and is organized by Final Stretch, Inc. Mayo Clinic is the presenting sponsor of the event. MOCA is a statewide non-profit dedicated to raising awareness and funding research needed to detect ovarian cancer early and treat it properly.

The race takes place at the Rochester Community and Technical College, featuring a 10K run and a 5K walk/run. Men who support women impacted by ovarian cancer have the opportunity to take part in the untimed 5K called the "Support the SHE." Children can participate in a 1K Kids Fun Run.

All timed finishers will receive an Unleash the SHE race medal as the perfect memento to remember the race.

As the event grows each year, many local ovarian cancer survivors, friends and family members take part in the Unleash the SHE race. Ovarian cancer is the deadliest of all gynecologic cancers, and because there is no test, it is often diagnosed at a late stage. More than 400 Minnesota women will be diagnosed with the disease this year.

Mayo Clinic gynecologic oncologist Dr. Jamie Bakkum-Gamez has taken part in the race in recent years to raise symptom awareness, but most importantly, to raise the money needed to fund ovarian cancer research. "Too often in my job, I see women dealing with the difficult emotions and physical hardships related to ovarian cancer, and I can only wish for something better. An early diagnosis test. Better treatments," said Dr. Bakkum-Gamez. "That's why I put so much effort into building a team and raising money for MOCA through the Unleash the SHE race. It shows our patients that we care about them and their futures."

Five dollars of each registration fee goes to MOCA. Participants are encouraged to create their own fundraising page to raise even more money, all of which goes directly to MOCA for ovarian cancer research, support and programming.

“We’re excited to welcome the Unleash the SHE 5K/10K back to Rochester for another year – and we know this sixth year will be bigger and better than ever,” said Kathleen Gavin, MOCA executive director. “MOCA has a strong local presence in the Rochester community, including support groups and local events. We are also connected through our funding commitment to advance ovarian cancer research and the ovarian cancer research funding that MOCA has provided to researchers at the Mayo Clinic.”

Participants can register for the race at: [www.unleashtheshe.com](http://www.unleashtheshe.com).

The “early bird” registration is \$43 per racer until February 29 for the women’s-only chip-timed 5K and 10K races. After that date, registration fees will increase to \$48. Day-of registration on the morning of the race is also available for \$51.

The new co-ed Support the SHE 5K untimed walk and run earlybird rate is \$31 until February 29, then rates go to \$38 through \$41 on the day of the event.

Racers will receive a technical running shirt and finisher medals for both the 5K and 10K. Door prizes and refreshments will also be available. A race day expo with vendors and giveaways takes place on the day of the event.

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**About the Minnesota Ovarian Cancer Alliance:** The Minnesota Ovarian Cancer Alliance (MOCA) is a statewide non-profit organization dedicated to raising awareness, providing education and 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 by a group of ovarian cancer survivors. Since then, MOCA has grown to an organization of more than 1,000 survivors and 40,000 donors and active members with a full range of programs encompassing education, support and research. MOCA has awarded more than \$4.5 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.