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Unleash the SHE 5K/10K Presented by Mayo Clinic Celebrates 9th year in Rochester to Benefit the Minnesota Ovarian Cancer Alliance

(MINNEAPOLIS, MINN., Feb. 28, 2019) More than 1,000 women will walk and run to change the course of ovarian cancer at the Unleash the SHE 5K/10K presented by Mayo Clinic in Rochester, Minn. on Sunday, May 5.

Now in the race's ninth 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. MOCA is celebrating 20 years of progress in 2019.

The race, featuring a 10K run and a 5K walk/run, takes place at Mayo High School in Rochester. Men who support women impacted by ovarian cancer have the chance to take part in the 5K "Support the SHE" walk. Children can participate in a Kids Fun Run.

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. 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. Mayo Clinic supports the event as a title sponsor. "In my field, 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 the Mayo Clinic team puts much effort into building a team and raising money for MOCA through the Unleash the SHE run and walk. 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 happy to welcome back the Unleash the SHE 5K/10K to Rochester for the ninth straight year,” said Kathleen Gavin, MOCA executive director. “MOCA has been fortunate to have a strong presence in the Rochester community through our support groups and local events. And, as part of our commitment to funding ovarian cancer research, MOCA has provided several million dollars to fund ovarian cancer researchers at Mayo Clinic.”

Participants can register for the race at: www.unleashtheshe.com. Day-of registration is also available.

Racers will receive an event shirt and finisher medals for both the 5K and 10K. Door prizes and refreshments will also be available. A race-day program 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 \$8 million to research projects for ovarian cancer research in Minnesota. For additional information, go to www.mnovarian.org or call (612) 822-0500.