

# Event Details

HOM Teal Strides for Ovarian Cancer  
Saturday, September 9, 2023  
Rosland Park, 4300 West 66th Street  
Edina, MN 55435



2K WALK, 5K RUN, KIDS FUN RUN

Walk or run and change the course of ovarian cancer! Join us for our 2K Walk, 5K Run, Kids Fun Run, inspirational program and more.

Find the latest event updates on MOCA's Facebook, Instagram and Twitter pages.

## T-SHIRTS

Please register by July 31 to be guaranteed a t-shirt. T-shirt supplies are limited. MOCA will provide t-shirts to all registered survivors.

## EVENT SCHEDULE

7:30 Registration

8:15 5K Run

9:00 Kids Fun Run

9:15 Survivor Photo

9:30 Program

10:00 2K Walk

\*Please check back to this page for schedule updates.

## Survivor Photo

MOCA's annual Survivor Photo is always one of the highlights of HOM Teal Strides for Ovarian Cancer. The location will be announced at our event.

Survivors will also have an opportunity to get an individual photo taken for our Survivor Photo Collage. Stop by the Survivor Tent anytime throughout the morning for your picture. If you're a survivor and unable to attend HOM Teal Strides or you prefer to send us your own photo, please email a snapshot to [cwhite@mnovarian.org](mailto:cwhite@mnovarian.org) no later than September 9 to be included in the Survivor Photo Collage. We will be unable to accept photo submissions after September 9 this year.

## Parking

FREE parking is available at Rosland Park or the Southdale Mall lot, located at 10 Southdale Center, Edina. There is no shuttle bus service from Southdale Mall this year.

Attendees may be dropped off or picked up at Rosland Park, near the small visitor lot next to the playground.



2K WALK, 5K RUN, KIDS FUN RUN

## Early Packet Pick-up

When you register and select "early packet pick-up" before Wednesday, August 16, you will have the option to skip the lines on race day and pick-up your shirt and bib before the event. "Early Packet Pick-up" will be available on Wednesday, September 6 at the Plymouth, Bloomington or Oakdale HOM Furniture store locations between 1 p.m. and 7 p.m. Pick-up is also available at the MOCA office from 9 a.m. to 4 p.m., Tuesday, September 5-Thursday, September 7.

## Registration

### Updated 2023 Pricing

### Register by August 16 for early bird rates!

#### Adult 2K walk or 5K run

\$30 - Early Bird Registration available through 8/16

\$40 - 8/17 through 9/7 at noon

\$50 - "Day of" Event Registration

#### Youth (Children 12 and under)

\$10 - Early Bird Registration, available through 8/16

\$15 - 8/17 through 9/7 at noon

#### Teal Supporter (Supporter not able to attend in-person.)

\$40 - through 9/7 at noon. We will mail you your t-shirt by September 30th.

## Race Routes

**2K Walk:** All participating walkers will start on West 66th Street, near the first set of paths into Rosland Park. They will walk west on West 66th Street and take a right onto West Shore Drive, a right onto West 64th Street and follow it past the Edina Art Center. They will take a right onto the walking path into the park (near the pickleball courts) and follow it past the gazebo to the finish line on the field by the lake.

**5K Run:** Runners will be doing three loops of the walk route: West 66th Street, right on West Shore Drive, right on West 64th Street, right onto the walking path and follow the path past the gazebo.



2K WALK, 5K RUN, KIDS FUN RUN

## Awards

The top three male, female and survivor finishers in the run will receive an award medal.

## Fundraising

MOCA makes it easy to form a HOM Teal Strides team and raise money for ovarian cancer research, programs and support! MOCA has awarded more than \$11 million dollars to ovarian cancer research—making us one of the top funders in the nation! It's all because of committed supporters like YOU!

You can fundraise online through your personal fundraising page or collect and drop off your checks at the HOM Teal Strides event on 9/9 or at the MOCA office (4604 Chicago Avenue, Minneapolis, Minnesota, 55407). Please make note of the fundraiser/team name with your donations.

# Event Day Incentives

**NEW!**

Raise \$500 or more by August 16, 2023, to receive special prizes at our event.



**\$500** MOCA branded hat

**\$1K Club** Personalized inspiration sign along the walk route

**\$5K Club** Team sign to carry during the walk

**\$10K Club** Team access to the 10K Club tent

**Prizes are cumulative. Donations received after August 16 will not be eligible for prizes. Fundraising continues through September 30, 2023.**

Do you have fundraising credits for the MOCA store from previous HOM Teal Strides events? All credits must be redeemed by September 22, 2023. Contact MOCA Operations and Membership Manager Constance White at [cwhite@mnovarian.org](mailto:cwhite@mnovarian.org).

## Have additional questions about the event?

Have additional questions about HOM Teal Strides? Visit the FAQ page or email MOCA Events Manager Catherine Uedelhofen at [cuedelhofen@mnovarian.org](mailto:cuedelhofen@mnovarian.org) or call the MOCA office at 612-822-0500.