

OUR MISSION

The mission of the National Ovarian Cancer Coalition (NOCC) is to raise awareness and promote education about ovarian cancer. The Coalition is committed to improving the survival rate and quality of life for women with ovarian cancer.

ABOUT OVARIAN CANCER

More than 20,000 women in the United States are diagnosed with ovarian cancer each year. Unfortunately, most cases are diagnosed in their later stages when the prognosis is poor and every year 14,000 women lose their battle. However, if diagnosed and treated early, when the cancer is confined to the ovary, the five-year survival rate is over 90 percent. That is why it is imperative that the early signs and symptoms of the disease are recognized, not only by women, but also by their families and the medical community.

There is currently no early detection test for ovarian cancer. Pap tests do not detect ovarian cancer. Until there is a test, the key to early diagnosis is awareness.

Early symptoms may include:

- Bloating
- Pelvic or abdominal pain
- Trouble eating or feeling full quickly
- Feeling the need to urinate urgently or often



NOCC - Central MD Chapter
P.O. Box 655
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National Ovarian Cancer Coalition
Central Maryland Chapter
P.O. Box 655
Crownsville, MD 21032



National Ovarian Cancer Coalition
Central Maryland Chapter presents

The 6th Annual



5K RUN/3K WALK TO
**BREAK THE SILENCE ON
OVARIAN CANCER**

To benefit the National Ovarian Cancer Coalition

Premiere Sponsor
 **PUREOLOGY**
serious colour care

Sunday, September 12, 2010
Quiet Waters Park
600 Quiet Waters Park Road
Annapolis, MD


National Ovarian
Cancer Coalition

Learn more about ovarian cancer! Join us, or visit us at www.ovarian.org

NOCC'S RUN/WALK TO BREAK THE SILENCE ON OVARIAN CANCER



NOCC-Central MD, P.O. Box 655, Crownsville, MD 21032 443.433.2597 www.ovarian.org

The Event

We invite you to participate in our 6th annual 5K run/3K walk to benefit the National Ovarian Cancer Coalition's local and national programs.

We'll have survivor tent, group survivor photo, food and refreshments for all.

Walk individually or consider creating a team of 10 or more walkers!

Registration

Online pre-registration is available at nocc.kintera.org/mdcentral. We encourage you to register online and invite others to join you at our event. You can also use the Friends Asking Friends tool to encourage others to make pledges and donations in your honor.

To pre-register by mail, please complete the attached registration form. For the pre-registration entry fee of \$25.00, your form must be postmarked by August 29th.

All pre-registered walkers should check in at the "Pre-Registration" area on the day of the run/walk.

To participate as a Team, your team captain must create their team roster online. Team members can then register online or by mail. Please note that teams should have 10 or more participants and should check-in with their team captain in the "team check-in" area.



Pledges and Donations

Pledges and donations are very much appreciated. We encourage you to use our online registration tool Friends Asking Friends to invite online pledges and donations in your honor:

nocc.kintera.org/mdcentral. Donations and pledges are also welcome on the day of the event. Please make sure to include the name and address for everyone making a pledge or donation in your honor.

Pledges and donations can also be submitted after the run/walk. Please make sure that all people making pledges and donations include your name as their sponsor when sending them in.

Please check with your human resources department at work to apply for corporate matching funds!

Schedule

- 8:00 am Registration begins
- 8:45 am Survivor group photo
- 9:00 am 5K run begins
- 9:05 am 3K walk begins
- 10:15 am Awards
- 10:45 am Closing Ceremony

We're grateful to our sponsors for their support...



 Sunday, September 12, 2010

Directions and Parking

From Pasadena, Severna Park from Rt. 2 (Ritchie Hwy) Rt. 2 south to US-50 West. Exit 22 Rt. 665 (Aris T. Allen Blvd). Stay on Rt. 665 until it ends and merges with Forest Drive. Go 2 miles and turn right at the Exxon Station onto Hillsmere Drive. The park entrance is 100 yards on the right.

From Deale, West River, Edgewater from Rt. 2 (Solomons Island Rd.) Take Rt. 2 North to East Rt. 665 (Aris T. Allen Blvd). Stay on Rt. 665 until it ends and merges with Forest Drive. Go 2 miles and turn right at the Exxon Station onto Hillsmere Drive. The park entrance is 100 yards on the right.

From Baltimore/Northern AA County from I-695 I-695 to I-97. South to US-50 east and immediately take Exit 22 - Rt. 655 (Aris T. Allen Blvd) and follow directions above.



