#### **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
Crownsville, MD 21032
443.433.2597
www.ovarian.org md.central.nocc@ovarian.org

National Ovarian Cancer Coalition 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



### **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



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 preregistration 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 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 begins9:05 am 3K walk begins

10:15 am Awards

10:45 am Closing Ceremony

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

Premiere Sponsor







#### **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.



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

This form may be photocopied. **REGISTRATION FORM** 

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

**Pre-Registration Entry Fees: Pre-Registration Entry Fees: Day of Event** To pre-register by mail, please send the completed registration form and check (before August 29th) (after August 29th) **Entry Fees:** made payable to NOCC-Central MD to: NOCC - Central MD, P.O. Box 655, Crownsville, MD 21032 Adults \$25.00 Adults \$30.00 Adults \$35.00 (Postmarked by August 29, 2010) Please turn in your pledge sheet and pledges when you Children 10 and under \$10.00 Children 10 and under \$15.00 Children 10 and under \$15.00 check in at registration the day of the run/walk. Note: Everyone who participates in the run/walk must fill out and sign a registration form. Photocopies of registration form accepted. Babies in strollers free Babies in strollers free Babies in strollers free Shirt Size Phone Survivor Fee Name - all runners/walkers must sign at bottom\* Address - Street, City, State, Zip **Email Address ( /** ) Last Please check if this is a new mailing address. circle one 1. YS YM YL S M L XL XXL 2. YS YM YL S M L XL XXL 3. YS YM YL S M L XL XXL 4. YS YM YL S M L XL XXL 5. YS YM YL S M L XL XXL YS YM YL S M L XL XXL I am unable to participate in the run/walk, please accept my donation to the NOCC Donation: Sunday, September 12, 2010 Registration Fee(s): Total Donation and Registration Fee(s) **Team Walkers** Total payment enclosed: Team Captains must complete a team roster. Team members can register online or by mail. Please include your team captains' name and team name. Teams must have 10 or more • All registered runners/walkers will receive a FREE "walk to break the silence" t-shirt. participants and are eligible for individual prizes in addition to the team prize! • You will not receive a confirmation that you are registered. All Survivors - Special t-shirt, photograph and great survivor gift. Team Name \_\_\_\_\_ Team Captain \_\_\_\_\_\_ How did you hear about us? THIS IS AN ACKNOWLEDGEMENT OF RISK AND RELEASE OF LIABILITY, BY SIGNING BELOW, I AM AGREEING TO RELEASE NOCC, NOCC-CENTRAL MD AND OUIET WATERS PARK FROM LIABILITY, AND HAVE THEREFORE READ IT CAREFULLY, I, the undersigned, for myself, my heirs, executors, administrators and assigns (on behalf of the minor named below, the "Minor"), understand and assume the risks involved with the "NOCC Walk to Break the Silence on Ovarian Cancer" Event, including pre and post activities (hereinafter the "Event"), and do hereby release, discharge, indemnify and hold harmless the NOCC, its officers, directors, employees, volunteers, agents and sponsors ("NOCC") from any and all claims, demands, judgments, actions and/or causes of action of any kind or character for any injuries, death, or damages of any kind, arising out of my (the Minor's) participation in the Event. I attest and verify that I am (the Minor is) physically fit to participate in the Event, and that there are no medical conditions to prevent me (the Minor) from participating herein. In the event of my (the Minor's) injury, illness or emergency during the event, I authorize (1) any medical personnel to arrange/provide any necessary transportation for such medical treatment. The NOCC, its agents, sponsors and/or news organization will be photographing and videotaping this event. I agree that any photographs, videotapes, recordings of any kind or other images containing my likeness (or the Minor's) are the sole property of NOCC or the photographer. I hereby authorize the NOCC, its agents, sponsors, and/or news organizations to use or publish said images for news accounts, publicity or promotional purposes or for any other lawful purpose through any form of media whatsoever. \*all participants'signatures (if under 18, parent's signature) date

## 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

		1	
Participant's Name Sunday, September 12, 2010	Street, City, State, Zip	Phone	Add me
Name	Street, City, State, Zip	Total Pledge Amt	to your mailing list

- Registration, pledges and donations can be made online at nocc.kintera.org/mdcentral.
- · Please make checks payable to NOCC-Central MD. Please bring your completed pledge sheet(s) with donations and matching funds forms to the registration check-in area on the morning of the run/walk.
- Photocopies of pledge and registration forms are accepted. Additional registration and pledge forms are available at www.ovarian.org, MD Chapter.
- NOCC is a 501(c)3 tax exempt not-for-profit-corporation. Pledges and donations are tax deductible and your cancelled check is your receipt.
- Please consider raising a minimum of \$150. THANK YOU FOR YOUR GENEROSITY!!

**Grand Total** 

