



7th Annual Susan G. Komen

Mid-Missouri Race for the Cure®

Sunday, October 9, 2016

Flat Branch Park | Downtown Columbia

Give Strength to the Fight Against Breast Cancer at the 2016 Susan G. Komen Mid-Missouri Race for the Cure®

Susan G. Komen® Missouri invites the community to give strength to the local fight against breast cancer by participating in or donating to the 7th Annual Susan G. Komen Mid-Missouri Race for the Cure®. The fundraiser takes place Sunday morning, Oct. 9, at Flat Branch Park in downtown Columbia. **Register or donate at www.komenmissouri.org/MidMoRace.**

The Komen Mid-Missouri Race for the Cure supports Komen Missouri's year-round mission of saving lives and ending breast cancer forever. The Race raises funds for the local fight against breast cancer, celebrates breast cancer survivors and thrivers, and honors those who have lost their lives to the disease.

Follow **@KomenMissouri** on Twitter and Instagram.

Official event hashtag: **#KomenMidMORace**

Local Dollars Making a Local Impact in the Fight Against Breast Cancer

The funds raised at the Komen Mid-Missouri Race will directly impact the breast health needs of local women, men and families. Seventy-five percent of the net funds raised through the Race stays in Komen Missouri's 38-county Missouri/Illinois service area to fund lifesaving, local breast cancer screening, breast health education and patient navigation and support programs for those who may not otherwise have access. The remaining 25 percent funds cutting-edge, global breast cancer research.

The Race is Komen Missouri's signature fundraising event. Since 1999, Komen Missouri has raised and invested \$40 million in the fight against breast cancer, through events such as the annual Race for the Cure events. Komen Missouri has awarded more than \$30 million in community grants to local organizations that deliver breast health services in the region. In addition, Komen Missouri has contributed more than \$10 million to breast cancer research.

Race registration fees, fundraising dollars and donations give strength to the local fight against breast cancer.

Susan G. Komen® Missouri

601 Business Loop 70 West, Suite 125 | Columbia, MO 65203 | 573.445.1905

komenmissouri.org | Facebook: [SusanGKomenMissouri](#) | [@KomenMissouri](#) | [#KomenMidMORace](#)



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About Susan G. Komen® Missouri

Susan G. Komen Missouri is an independent, local nonprofit organization dedicated to fighting breast cancer year-round. Komen Missouri's mission is to save lives by meeting the most critical needs in our communities and investing in breakthrough research to prevent and cure breast cancer.

Komen Missouri is dedicated to meeting the breast health needs of the women, men and families in its 38-county Missouri/Illinois service area. Seventy-five percent of the organization's net proceeds stays in the local community to fund breast cancer screening, breast health education and patient navigation and support services. The remaining 25 percent of net proceeds funds global, cutting-edge breast cancer research.

Visit www.komenmissouri.org. Call 314.569.3900 (Greater St. Louis office) or 573.445.1905 (Mid-Missouri office). Connect with Susan G. Komen Missouri on Facebook. Follow @KomenMissouri on Twitter and Instagram.

Take Action for Breast Health Self-Awareness

Being female and growing older are the most common risk factors for developing breast cancer. Susan G. Komen® encourages all women over age 40 to get a mammogram every year.

Susan G. Komen® recommends that you:

1. Know your risk
2. Get screened
3. Know what is normal for you
4. Make healthy lifestyle choices

Breast Cancer Facts

- One in eight women in the United States will be diagnosed with breast cancer in her lifetime.
- Every minute, somewhere in the world, someone dies from breast cancer.
- At the current rate, 13 million breast cancer deaths around the world will occur in the next 25 years.
- The most common risk factors for breast cancer are being female and growing older.
- With respect to age, race, religion and socioeconomic status, breast cancer knows no boundaries.
- Breast cancer affects more than just the person diagnosed. Co-survivors (family, friends, co-workers) feel the effects too.
- There are more than 3 million breast cancer survivors in the U.S. today.

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7th Annual Komen Mid-Missouri Race Information

REGISTRATION FEES

\$30 - 5K Run/Walk or 1-Mile Fun Walk | **\$35** - TIMED 5K Run/Walk | **\$30** - Sleep In for the Cure
\$20 - Kids for Komen (ages 4-10, Youth T-shirt)

RACE DAY SCHEDULE *(Times subject to change.)*

6:30 a.m. Race Day Registration Opens
Sponsors' Row Opens
Hope Village Opens
Food Trucks Open
Team Photos Begin
7:00 a.m. Stage Presentation Begins
7:30 a.m. Survivor Procession
7:50 a.m. Aerobic Warm-Up
7:55 a.m. Wheelchairs Start
8:00 a.m. 5K Timed Runners/Walkers Start
8:15 a.m. 5K Non-Timed Runners/Walkers and 1-Mile Fun Walkers Start
8:30 a.m. Team Photos End
9:00 a.m. Awards Ceremony and Entertainment

A Tribute to Breast Cancer Survivors

Breast cancer survivors who register for the Race and wish to be recognized will receive a special pink Race bib that offers admission to Hope Village for the survivor and one registered guest. Each registered breast cancer survivor and one guest (who also is registered for the Race) are invited to Hope Village to enjoy a special breakfast and other amenities.

Race Day Parking and Transportation

Visit komenmissouri.org/MidMoRace > **Race Day Information** > **Maps & Parking** for parking information.

Race Day Weather and Cancellation

The Race will occur rain or shine. Komen Missouri reserves the right to cancel in extreme circumstances. In that event, there will be no refund. Instead, registration fees will be used as donations to the Komen Mid-Missouri Race for the Cure.

Race Day Safety

For the safety of all participants, Komen Missouri strongly discourages the use of inline skates or bringing animals to the Race site.

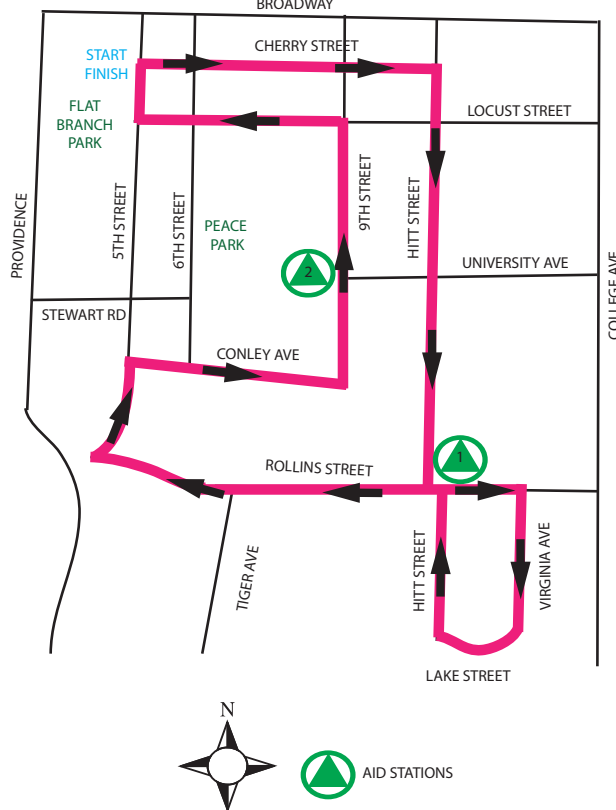
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Race Course

The 5K run/walk and wheelchair course is USAT&F certified.

Timed Run/Walk

The Race start is staggered, allowing the Timed Runners to start the race before the Non-Timed Run/Walk participants. Timed runners have their own, separate starting corral positioned aside from the rest of the runners and walkers. Awards presented on Race Day at Awards Ceremony: Top Female finisher, Top Male finisher, Top Female Breast Cancer Survivor finisher, Top Male Breast Cancer Survivor finisher, Top Female Wheelchair finisher, Top Male Wheelchair finisher

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**Susan G. Komen® Missouri Invests More Than \$1.3 Million in
Local Breast Health Programs Plus Global Breast Cancer Research
in 2016-2017**

Komen Missouri's community grants support breast cancer screening, breast health education and patient navigation and support programs not otherwise available to medically underserved individuals in our 38-county Missouri/Illinois service area.

2016-2017 Komen Missouri Community Partners:

Missouri Baptist Medical Center (Mid-Missouri Service Area)
The MBMC Breast HealthCare Center Reaching the Underserved
314.996-7585 | breasthealthcarecenter.org
Screening and diagnostic mammograms, breast health education

Barnes-Jewish Hospital
Breast Health Care for At-Risk Communities
314.454.8466 | siteman.wustl.edu
Screening and diagnostic mammograms, patient navigation, breast health education

Mercy Health Foundation of St. Louis
Breast Cancer Screening and Education Program
314.251.6569 or 314.251.6400 | mercy.net/stlouismo
Screening and diagnostic mammograms, patient navigation, breast health education

Missouri Baptist Medical Center
The MBMC Breast HealthCare Center Reaching the Underserved
314.996-7585 | breasthealthcarecenter.org
Screening and diagnostic mammograms, breast health education

Saint Louis University Cancer Center
Navigating for the Community
314.268.7038 | slu.edu/cancer-center.xml
Screening and diagnostic mammograms

Southern Illinois Healthcare Foundation
START NOW Breast Cancer Awareness Services
618.332.6133 | touchette.org/start-now.htm
Screening and diagnostic mammograms, patient navigation, breast health education

SSM Health Care
SSM Breast Care: Empowering and Engaging Women
314.768.8696 | ssmhealth.com/breastcare
Screening and diagnostic mammograms, patient navigation, breast health education

For details about our 2016-17 community grants, visit komenmissouri.org, Community Impact.

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