

## OutRun Ovarian Cancer Celebrates Five Years of the 5K Race/Walk August 23, 2008, at the Rock and Roll Hall of Fame and Museum

Saturday, August 23rd marks the date for the fifth annual OutRun Ovarian Cancer (OROC) 5K Race/Walk and 1-Mile Family Fun Run with a start and finish at the Rock and Roll Hall of Fame and Museum.

OROC Founder Gretchen Nock said, "OROC's annual race/walk is a fun family event with a great Cleveland Rock and Roll theme."

OROC's 5K run features the most "rock'n" racecourse in northeast Ohio. Scores of musicians and their bands volunteer along the route, jamming and singing to support a great cause! Runners and walkers will be motivated and entertained by jazz, rock and pep bands as they make their way along the route past several of Cleveland's musical and historic landmarks.

A volunteer-driven, nonprofit organization, OROC is dedicated to raising ovarian cancer awareness and money for research and education. Founded by Nock in 2003, OROC events have generated funds allowing the nonprofit group to donate more than \$250,000 to ovarian cancer research and education in northeast Ohio.

Nock said, "In 2007, we had nearly 2,000 runners and walkers, including 73 survivors. We want to support a great cause and reach even more people in 2008."

Honorary Chairperson NewsChannel5 Anchor Lee Jordan will speak at a pre-race 'Celebration Rally' to honor survivors and their families. The main stage band for the 2008 will be Mary Player & SWANK. The OROC event also features a tent with children's activities and crafts.

The pre-registration cost per person for the 5K Race/Walk and 1-Mile Family Fun Run is \$18 before August 18, 2008. After August 18, cost to participate is \$25. The fee for a youth participant (age 10 and under) is \$10. All participants receive a commemorative t-shirt and bag. In addition, entries received by August 18, 2008 will be entered into a prize give-away drawing for a Nintendo Wii game system. You do not need to be present to win.

For more information about OROC and the 5K Race/Walk and 1-Mile Family Fun Run, visit [www.oroc.org](http://www.oroc.org). To register online as an individual or a team, go to [www.hermescleveland.com](http://www.hermescleveland.com) after June 1. Non-participants can also support OROC by pledging money on a runner or a walker.

Day-of-race registration begins at 7:15 a.m. in front of the Rock and Roll Hall of Fame and Museum. The OROC Celebration Rally kicks off at 7:50 a.m. in the same location. The 1-Mile Family Fun Run starts at 8:20 a.m., and the 5K Race/Walk begins at 9 a.m. For ovarian cancer survivors, a group photo has been scheduled during the Rally that begins at 7:50 a.m.

Nock said, "This year, 28,000 women in the U.S. will be diagnosed with ovarian cancer. Unfortunately, another 14,000 will also die from the disease. We want women to be aware of the symptoms, so that they receive appropriate medical care."

Symptoms can include bloating, pelvic or abdominal pain, difficulty eating or feeling full quickly and urinary symptoms (urgency and frequency).

"Each year, we work hard to involve more people and to continue raising awareness," said Nock. "Currently, there is no reliable screening method available for early detection. Women need to know their family medical history and to be aware that a Pap smear is not a test for ovarian cancer."

# August 23, 2008

5th Annual 5K Race

5K race starts and finishes at the Rock and Roll Hall of Fame and Museum



Live Music

Downtown Course

Family Activities

**oroc**<sup>®</sup>  
outrun ovarian cancer

[www.oroc.org](http://www.oroc.org)



OROC's 5K Race/Walk takes place August 23 at the Rock and Roll Hall of Fame and Museum. The race features music and entertainment along the route. Photo courtesy of Dave Norehad Photography.