

Outrun Ovarian Cancer Continues Its Efforts to Raise Funding for Research and Education With Its Seventh Annual Race

It took a few women, a dream and the conviction to make a difference to form OutRun Ovarian Cancer (OROC). In 2003, after her mother was diagnosed with ovarian cancer and she lost her aunt to the same disease, Gretchen Nock and her friends decided they had to do something.

After meeting with a few girlfriends on a Sunday afternoon, they left with a goal to create a race that raised funds for ovarian cancer research and awareness.

“It was a way for me to channel my grief. We decided to organize a run and call it OROC. It catapulted the first year. We had so much support, energy and enthusiasm behind us, and an amazing group of volunteers,” said Nock.

Nock had a prophylactic hysterectomy to avoid the cancer that eventually took her mother, and knew she had to spare other women from that same fate.

Nock credits support from the doctors and nurses that treated her family for the success of that race in 2003. It was the first ovarian cancer run in Northeastern Ohio and with an all-volunteer group, it attracted over 600 runners.

Now seven years later, OROC has grown beyond what Nock could have ever imagined and has raised over \$450,000 for local ovarian cancer research and education and is still the only local organization raising funds for ovarian cancer.

“We want to work to educate the public. A pap smear does not test for ovarian cancer. Without a diagnostic test, ovarian cancer is often found when it’s too late. We need to catch this in its earlier stages, while it is still manageable,” stated Nock.

All of the proceeds from OROC go directly to the local community to help raise awareness and funding for a reliable screening method.

Nock says the economy has impacted their fundraising efforts, however this volunteer group uses grass roots methods to spread the word and their energy and enthusiasm is unmatched. The original 15 friends are still involved, and OROC now boasts over 90 volunteers.

“In 2003 we had 600 runners. Last year we had over 2,000. Each year OROC keeps growing, and it’s incredible to see the awareness for this disease increase so dramatically.”

This year’s race is set for Saturday, August 28. 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 5K Race/Walk begins at 9 a.m. and the 1-Mile Family Fun Run starts at 9:05 a.m.