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CLEVELAND, OHIO

OUTRUN OVARIAN CANCER (OROC)
ANNUAL 5K RACE/WALK TO FEATURE LIVE MUSIC
THROUGHOUT RACECOURSE AUG. 29TH

OUTRUN OVARIAN CANCER (OROC)

OROC Celebrates Six Years of the 5K Race/Walk on Saturday, August 29, 2009 at the Rock and Roll Hall of Fame and Museum.

WHAT: 5K Race/Walk
WHEN: 7:15 a.m. – Registration Opens
9 a.m. – 5K Race/Walk Begins
Saturday, August 29, 2009
WHERE: Rock and Roll Hall of Fame and Museum
1100 Rock and Roll Boulevard □ Cleveland, Ohio 44114
PRICE: Early registration (before 8/25/09): \$18
Late registration (after 8/25/09): \$25
Youth rate (ages 10 and under): \$10
HOW: Register online at www.hermescleveland.com

OROC Founder Gretchen Nock said, “OROC is fortunate to be celebrating our sixth year for the 5K Race/Walk.”

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

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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 \$400,000

to ovarian cancer research and education in northeast Ohio.

Nock said, “In 2008, we had 2,297 runners and walkers, including 86-plus survivors. We want to support a great cause and continue to grow even larger in 2009.”

The OROC event also features children’s tent with activities and crafts. Honorary Chairperson NewsChannel 5 Anchor Lee Jordan will speak at a pre-race, ‘Celebration Rally’ to honor survivors and their families.

Nock said, “This year alone, 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).

For more information about OROC and the 5K Race/Walk and 1-Mile Family Fun Run, visit www.oro.org. To register online as an individual or a team, go to www.hermescleveland.com. Nonparticipants can also support OROC by pledging money on a runner or a walker.

