



MASSACHUSETTS BREAST CANCER COALITION

PRESS RELEASE: FOR IMMEDIATE RELEASE
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Against the Tide Athletic Events to Support Breast Cancer Prevention In-Person Cape Cod and Virtual - **REGISTER NOW at mbcc.org/swim**

Join Massachusetts Breast Cancer Coalition (MBCC) in person at DCR's Nickerson State Park in Brewster, MA, Cape Cod, on Saturday, August 12th for the 24th year of Against the Tide! Register now at mbcc.org/swim.

The morning-only in-person event includes 1-mile recreational and competitive swims, a USMS-Sanctioned 1-mile swim, a ½-mile recreational swim, a 3-mile fitness walk, and USATF-Certified 5K and 10K runs.

MBCC will also host an all-summer virtual Against the Tide from June 17th to August 12th. This virtual event includes 1-mile recreational and competitive swims, a ½-mile recreational swim, 5K and 10K runs, and a 3-mile walk. Virtual participants will receive a virtual bib from Second Wind Timing.

In-person participants will receive an event t-shirt, bib, and goodie bag. Prizes will be awarded for the top swim and run finishers of the in-person events. Prizes will also be awarded to the highest fundraising teams and individuals for both the in-person events and the virtual event.

Against the Tide events can be enjoyed by adults and children of all ages and abilities. Register now for one or more events at mbcc.org/swim. The in-person registration fee is \$40 per person per event. Virtual registration is \$20 per person per event.

Cheryl Osimo, MBCC's Executive Director is looking forward to Against the Tide's 24th year on the Cape. She says, "I feel so honored to invite everyone to support MBCC's mission of breast cancer prevention in person once again after meeting so many dedicated supporters throughout the years. People from all over New England and the country come to the Cape to support MBCC's work and the athletic components offered at Against the Tide -- you can too!"

To learn more about all of the registration options, to join or start a team, and to donate, please visit the MBCC website at mbcc.org/swim or call 508-246-3047.

MBCC is dedicated to preventing environmental causes of breast cancer through community education, research advocacy, and changes to public policy. Please help us to change the legacy of breast cancer for future generations!

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