

## Fitness firm joins anti-cancer crusade

An area fitness organization will join the Massachusetts Breast Cancer Coalition this summer for its annual fundraiser at Hopkinton State Park in June.

The coalition said Evolve Fitness of Framingham will join the 21st Against the Tide fundraising event at Hopkinton State Park on June 22.

Evolve representatives will lead warm-ups and stretching before and after the event. Evolve Fitness is also starting a team for breast cancer prevention, a coalition press release states.

The morning events consist of a 1-mile swim, 2-mile kayak, 3-mile walk, 5K run and a 10K run. There will also be a "splash and dash" Aquathlon option in which participants will first "splash" in the competitive mile swim, then "dash" in a competitive 5K or 10K run.

The event raises money for the cause through donations of those who participate in Against the

Tide. There is a minimum donation of \$175 per participant.

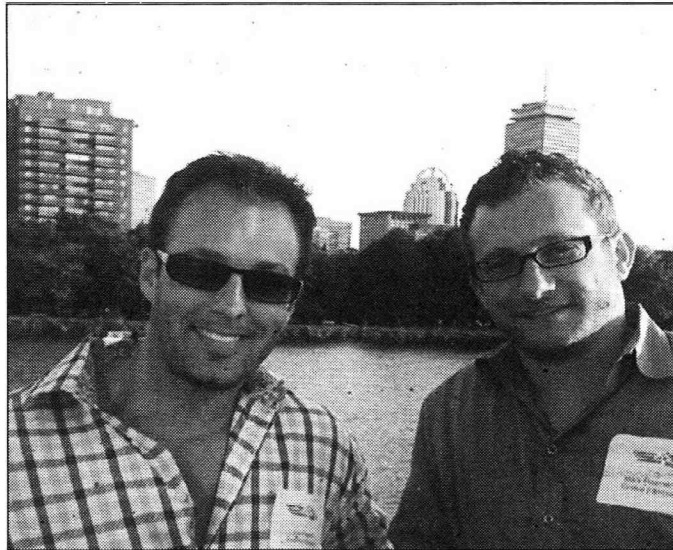
The coalition is a state-wide grass-roots advocacy organization that seeks answers to what is causing breast cancer in order to offer changes that will lead toward breast cancer

prevention.

Currently, the organization says, it is the only organization in the state that focuses on prevention.

"I believe in the prevention of breast cancer," trainer and fitness enthusiast Dana Capizzi said.

The coalition is hosting its 14th annual Against the Tide fundraiser in Brewster on Aug. 17.



**Lucio Paolini, left, and Mark Rozman are the owners of Evolve Fitness in Framingham and Cambridge. Their organization will participate in the Massachusetts Breast Cancer Coalition's annual Against the Tide fundraiser on June 22.** COURTESY PHOTO

