



## **MASSACHUSETTS BREAST CANCER COALITION**

**CALENDAR LISTING: FOR IMMEDIATE RELEASE**

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**Against the Tide Athletic Events to Support Breast Cancer Prevention  
In-Person and Virtual  
REGISTER NOW at [mbcc.org/swim](http://mbcc.org/swim)**

Join Massachusetts Breast Cancer Coalition (MBCC) in person at DCR's Hopkinton State Park in Hopkinton, MA for its 31st Against the Tide on Saturday, June 17th! Later in the summer, MBCC will host Against the Tide in person at DCR's Nickerson State Park in Brewster, MA on Saturday, August 12th for the 24th year!

The morning-only in-person events include 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.

The USATF Certification numbers for Hopkinton are 5K #MA15005BK and 10K #MA15006BK. The USATF Certification numbers for Brewster are 5K #MA15009BK and 10K #MA15010BK.

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 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](http://mbcc.org/swim). The in-person registration fee is \$40 per person per event. Virtual registration is \$20 per person per event.

Registration for any event, in-person or virtual, will enter you in a drawing for a kayak donated by Goose Hummock. One winner from all registrants will be drawn at Against the Tide in Brewster, MA on August 12th at 10AM. Please note that the winner will need to pick up the kayak at Goose Hummock in Orleans, MA. MBCC staff and board members are not eligible for entry in the drawing.

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](http://mbcc.org/swim) or call 508-246-3047.

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