



# Massachusetts Breast Cancer Coalition

**SWIM** 1 MILE

2 MILE **KAYAK**

**WALK** 3 MILE

5 or 10K **RUN**



or

## *Against the Tide*

You may participate in one or more of the components of the event in *any* combination

8:30 a.m. Competitive Swim / Aquathlon

8:45 a.m. 5K Run and 10K Run

8:50 a.m. Walk

9:45 a.m. Recreational Swim

10:45 a.m. Kayak

## Saturday, June 21, 2014

DCR's Hopkinton State Park, Hopkinton, MA

## Saturday, August 16, 2014

DCR's Nickerson State Park, Brewster, MA



mbccorg



mbccprevention

Proceeds benefit MBCC's work toward breast cancer prevention.

\$175 minimum donation per participant.

[www.mbcc.org/swim](http://www.mbcc.org/swim) or 800-649-MBCC  
for more information and to register