



Massachusetts Breast Cancer Coalition

SWIM 1 MILE
2 MILE KAYAK
WALK 3 MILE
or RUN 5 or 10K



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 / Aquathon

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 20, 2015

DCR's Hopkinton State Park, Hopkinton, MA

Saturday, August 15, 2015

DCR's Nickerson State Park, Brewster, MA



mbccorg



mbccprevention

Proceeds benefit MBCC's work toward breast cancer prevention.

Team discounts available! Children under 10 participate for free!

www.mbcc.org/swim or 800-649-MBCC for more information and to register