

**MINIMUM DONATION OF \$175 PER PERSON REQUIRED FOR PARTICIPATION**



*Against the Tide*  
**2011**

**MY GOAL IS TO RAISE**

- \$175 (min. per person)
- \$500  \$1,000  \$2,500

Please make checks payable to Massachusetts Breast Cancer Coalition. Contributions are tax-deductible. Register on-line to create a personal pledge page at [www.mbcc.org/swim](http://www.mbcc.org/swim)

I can not attend, but I want to support the MBCC with a contribution of  \$50  \$150  \$200  Other \$ \_\_\_\_\_

Breast Cancer **PREVENTION** is the Cure.

- HOPKINTON** Saturday, June 18, 2011
- BREWSTER** Saturday, August 20, 2011

You are encouraged to mail your pledges in early or you can bring this form and collected pledges on the day of the event. *Don't forget to pledge yourself! Minimum \$175 per person to participate.*



Your Name \_\_\_\_\_

Team Name (if applicable) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (day) \_\_\_\_\_ (evening) \_\_\_\_\_

E-mail \_\_\_\_\_

EVENT:  Competitive Swim  Recreational Swim  Kayak  Walk **OR**  Run  
(1, 2 or 3 events. You can not do both the walk and run, as they are held simultaneously)

Parent/Guardian signature is needed if participant is under 18

I am participating in honor/memory (circle one) of \_\_\_\_\_

**[www.mbcc.org/swim](http://www.mbcc.org/swim) or 800-649-MBCC for event day schedule and more information**

SPONSOR'S NAME	ADDRESS	CITY/STATE/ZIP	PLEDGE AMOUNT	TOTAL PAID
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				

**Special prizes for top fundraisers!**

**MASSACHUSETTS BREAST CANCER COALITION**  
1419 Hancock Street, Suite 202, Quincy, MA 02169  
[www.mbcc.org/swim](http://www.mbcc.org/swim) • 800-649-MBCC

**Minimum of \$175 per person required to participate.**

\$	\$
<b>Total Pledge</b>	<b>Total Paid</b>

#### OUR MISSION

Defining breast cancer as a political issue, the MBCC challenges all obstacles to the eradication of this disease.

#### OUR ORGANIZATIONAL GOALS

- Create the public and political will to eradicate breast cancer
  - Focus on environmental links to breast cancer that will lead to primary prevention of breast cancer
  - Reject the concept of breast cancer as a chronic disease
  - Dispel myths and misconceptions about the realities of the breast cancer epidemic
  - Challenge the commercialization of breast cancer
- For more information, please contact the Massachusetts Breast Cancer Coalition at 800-649-6222 or [info@mbcc.org](mailto:info@mbcc.org)

#### SILENT SPRING INSTITUTE

A portion of the proceeds from Against the Tide will support Silent Spring Institute, a nonprofit research organization founded in 1994 by the Massachusetts Breast Cancer Coalition. Silent Spring

Institute conducts innovative scientific research to study associations between breast cancer and the environment. It is a partnership of scientists, physicians and activists committed to finding preventable causes of breast cancer.



**What's my first step?** You can sign up by filling out the attached registration form or go to [www.mbcc.org/swim](http://www.mbcc.org/swim). Please register ahead of time so that we can be prepared with food and prizes for participants. Next, ask your friends, family and co-workers to sponsor you – and don't forget to sponsor yourself. We have made this easy for you with personal pledge pages. Register on-line to set up your own event page to collect pledges and share event information with friends and family. On the day of the event, bring your pledge sheet, any money you haven't sent in to the MBCC office and your good spirits!

**Matching gifts can double your efforts!** You or your sponsors may be able to double the contribution to Against the Tide! Remind everyone to check with their employer to see if their company will match donations. Check with the Human Resources Department to find out more.

**Directions to DCR's Hopkinton State Park** I-495 to exit 21A. Route 135 east to Hopkinton Center. Left onto Route 85 north (Cedar Street). Entrance 2 miles on right. Swim and walk will be held at Upper Beach, Hopkinton Reservoir in the park.

**Directions to DCR's Nickerson State Park** Route 6 to exit 12. Follow signs. Against the Tide will be held at the public beach, Flax Pond in the park.

**For more information** For more information, lodging suggestions for out-of-towners or to volunteer at Against the Tide, call 800-649-MBCC or visit our website at [www.mbcc.org/swim](http://www.mbcc.org/swim)



### MASSACHUSETTS BREAST CANCER COALITION

1419 Hancock Street, Suite 202  
Quincy, MA 02169



Breast Cancer  
**PREVENTION**  
is the Cure.

MASSACHUSETTS BREAST CANCER COALITION  
**Not One More  
Woman.  
Not One More  
Generation.**

BREAST CANCER PREVENTION IS THE CURE



1 MILE  
**SWIM**  
2 MILE  
**KAYAK**  
3 MILE  
**WALK**  
5K  
**RUN**

*Against the Tide*

**Sat., June 18, 2011**

DCR's Hopkinton State Park, Hopkinton, MA

**Sat., August 20, 2011**

DCR's Nickerson State Park, Brewster, MA

Participate in 1, 2 or 3 of the 5 events!  
Minimum tax-deductible donation of \$75 per person to participate.

[www.mbcc.org/swim](http://www.mbcc.org/swim)

or call 800-649-MBCC. Benefits Massachusetts Breast Cancer Coalition, the state's largest breast cancer organization.

NONPROFIT  
ORGANIZATION  
U.S. POSTAGE

**PAID**  
BOSTON, MA  
PERMIT NO.  
59816

[www.mbcc.org/swim](http://www.mbcc.org/swim)