



Massachusetts Breast Cancer Coalition

SWIM 1 MILE
KAYAK 2 MILE
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 / 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 or 800-649-MBCC
for more information and to register