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For Immediate Release

Contact: Constance White
Minnesota Ovarian Cancer Alliance
612.822.0500
cwhite@mnovarian.org

Katherine Roepke
Roepke Public Relations
612/677-1717
kroepke@roepkepr.com

2009 Silent No More Marathon Swim – Saturday March 14th

Rochester, MN- Minnesota Ovarian Cancer Alliance (MOCA) announces the kick-off of the 2009 Silent No More Marathon Swim held at the Rochester Area Family Y.

Mary E. Johnson a Mayo Clinic Chaplain who works with women with ovarian, primary peritoneal and fallopian tube cancer founded the Marathon Swim in 2006. Mary shares her perspective “It is a privilege to offer spiritual support in the midst of such dynamic times in these women’s lives. Through this work my own life has been transformed as I have witnessed women coming to terms with their real priorities and living life with a renewed sense of intention and focus. I dedicate every lap of this swim to these women. “

Mary E. Johnson, 55, will attempt to go the distance, swimming 45 minutes out of every hour for 12 hours. Johnson successfully completed a 12-hour marathon in 2006, raising over \$12,000 for MOCA.

The marathon swim will begin with an opening ceremony at 7:45am at the Rochester Area Family Y. Swimmers will enter the water at 8:00am sharp on Saturday morning and they will stop swimming 12 hours later. Funds are raised both by donations at the event and online at <http://www.mnovarian.org/maryjohnsonswim.htm> The 2009 Silent No More Marathon Swim benefits MOCA. Proceeds from the marathon swim will support ovarian cancer research in Minnesota.

Interviews will be available with swimmers, volunteers, cancer survivors and researchers. You are invited to come to the Y to support and cover this great event.

Over 25,000 women are diagnosed with ovarian cancer each year in the United States. Currently there is no consistently reliable early detection test available. MOCA sponsored research is used for earlier detection, better treatment and a cure.

When: Saturday, March 14, 2009 7:45am -8:00pm

Where: Lap pool- Rochester Area Family Y, 709 1st Ave SW Rochester, MN

Who we are: Celebrating our 10th Anniversary, MOCA was founded in 1999 by a small group of ovarian cancer survivors. MOCA has grown from a group of 9 women to an organization of more than 750 survivors and over 32,000 donors and active members. MOCA is a Minnesota based non profit organization that is dedicated to raising awareness and funding the research needed to detect ovarian cancer early and treat it properly. In just nine years, MOCA has raised more than \$2.3 million for ovarian cancer research in Minnesota.

For more information about MOCA and ovarian cancer, visit www.mnovarian.org