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Minnesota Ovarian Cancer Alliance (MOCA) celebrates its

10th annual Silent No More Walk/Run event

Minneapolis, Aug 18, 2009 – Minnesota Ovarian Cancer Alliance (MOCA) is gearing up for its 10th annual Silent No More Walk/Run event on Saturday, Sept. 12 at Rosland Park in Edina. Thousands turn up to raise funds for ovarian cancer research, raise awareness and education of the disease, and give support and hope to women and their families touched by ovarian cancer.

Bloomington, MN resident Jan Chorzempa is one ovarian cancer survivor who will be participating in the Walk/Run. Jan was diagnosed with breast cancer in 1989. Soon after, her sister was also diagnosed with breast cancer. Deciding it was crucial to look into her genealogy, Jan was tested in 2001 and found that she has the BRCA2 gene mutation, which put her at an increased risk of developing both breast and ovarian cancer. Jan was diagnosed with ovarian cancer in the year 2000, and is in her 6th cycle of chemotherapy. Jan strongly believes that knowledge is power, and that spreading awareness will help fight the disease: "I truly believe that your health is 90% determined by your attitude. You have to be proactive and you have to be positive in order to fight through it". Both of Jan's children were also tested and found to have the mutation, and now know to take precautions and be aware of the silent symptoms such as bloating, abdominal pains, and urinary symptoms.

Minnesota Ovarian Cancer Alliance has been a huge influence on Jan's positive outlook. Through MOCA, Jan has established a strong support system of women who are going through the same struggle as she. "Being able to attend a MOCA meeting and see my doctors there, and hear the progress and results of the research being done that we have all worked together to support, it gives me a very uplifting feeling." Jan is most passionate about the annual Walk/Run. The walk gives survivors like her the ability to spread awareness and educate her family and friends, raise money to support research, and find overwhelming hope and encouragement.

The Silent No More Walk/Run for ovarian cancer starts at 7:30am on Sept 12. Evan Farmer, host of HGTV's Freestyle, will emcee this years event. Pre-registration has started and ends on August 31st. Cost is \$20 for adults and \$10 for children 12 and under. Registration fees increase to \$25/\$12 thereafter.

"My friends and family have been traveling this whole journey with me; they've seen all the ups and downs. This is their chance to help me meet my goals, whether they come to the walk or support me financially". Jan's fundraising goal this year is \$15,000 and she's already half-way there.

For more information about MOCA, the Silent No More Walk/Run Event, or ovarian cancer, visit www.mnovarain.org

About the Minnesota Ovarian Cancer Alliance (MOCA):

Founded in 1999 by a group of ovarian cancer survivors, Minnesota Ovarian Cancer Alliance (MOCA) funds ovarian cancer research in Minnesota, educates the medical community, raises awareness of the disease, and provides support to women with ovarian cancer and their families.