



FOR IMMEDIATE RELEASE

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**16th Annual Susan G. Komen Tidewater Race for the Cure 5K
Rallies Everyday Superheroes in Fight Against Breast Cancer!**

Virginia Beach – Saturday, October 15, 2016 – The 16th Annual Susan G. Komen Tidewater Race for the Cure® raises funds for the local fight against breast cancer, celebrates heroic breast cancer survivors and co-survivors, and honors those who have lost their battle with the disease. The funds raised from this event provide life-saving breast cancer screening and diagnostics, education, and groundbreaking research to the local Tidewater community and nationally.

This year's race features a 5K timed race, 5K non-competitive run/walk, survivor's tent and parade, sponsor tent, snacks, water and much more! Race Park opens at 7:00 a.m., with the timed run at 7:30 a.m. on the boardwalk, and the recreational walk/run beginning at 8:30 a.m. on 31st & Atlantic Ave. The Komen Tidewater 2016 Race for the Cure, locally presented by Kroger, will take place at the Virginia Beach Oceanfront at Neptune Park.

Adult registration is \$35 for the 5K run/walk, \$15 for youth 3-12 (with an additional \$5 for chip timing).

In recognition of this year's theme, "**Honor A Hero, Be A Hero,**" superheroes and caped crusaders of all ages will unite in support of the Komen Tidewater mission, "To live in a world with breast cancer." Get a fist pump from our Race Superhero, and get the blood pumping with pre-race warmups by Alexis Perkins.

Those who have difficulty walking can participate by registering as a "Proud in the Crowd" participant and receive a pom pom of instead of a race bib. If you can't attend on Race day you can support the effort by registering to Sleep In for the Cure®.

The Komen Race for the Cure series is the largest series of 5K runs/fitness walks in the world. Thanks to strong support in the community, the Komen Tidewater Race for the Cure Race is the largest in Virginia.

“Our fundraising efforts have made it possible to continue our quest to save lives and end breast cancer forever through community outreach, advocacy, global programs and research. Thanks to your commitment, we can continue fighting this disease right here in our community and across the globe,” said Sharon Laderberg, Executive Director of Susan G. Komen Tidewater.

Support from the Susan G. Komen Tidewater Race for the Cure® sponsors ensure that more money can go directly to the fight against breast cancer. Visit www.komentidewater.org for more information, sponsor information, and to register for the 16th Annual Komen Tidewater Race for the Cure.

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