

New This Year! 2016 Against the Tide Events Feature USA Track & Field Certified 5K/10K Runs



Massachusetts Breast Cancer Coalition

SWIM 1 MILE
2 MILE KAYAK
WALK 3 MILE
1 or RUN 5 or 10K



Against the Tide

You may participate in one, two, or three of the components of the event *in any combination*

8:30 a.m. Competitive Swim / Aquathon

8:30 a.m. **USATF certified** 5K / 10K runs

8:50 a.m. Walk

9:45 a.m. Recreational Swim

10:45 a.m. Kayak

Saturday,
August 20, 2016

DCR's Nickerson State Park, Brewster, MA



mbccorg



mbccprevention

Proceeds benefit MBCC's work toward
breast cancer **prevention**.

Team discounts available! Children under 10 participate for free!

www.mbcc.org/swim or 800-649-MBCC
for more information and to register