

2019 MEMORY/HONOR BOARD SUBMISSION FORM

(Please Print)

I would like to make a donation (check all that apply):

In Memory of _____,
(name)
_____, who lost her battle with ovarian cancer.
(age)

In Honor of _____,
(name)
who is an ovarian cancer survivor of _____ years.

Amount of Donation: \$ _____

Enclosed is a non-returnable photo to be displayed on
the 2019 Memory/Honor Board. Photo may be scanned
and emailed to President@deovariancancer.org.

Your Name: _____

Address: _____

Phone Number: _____

Email: _____

Make checks payable to "DOCF"
(Teal Ribbon 5K in memo line).

Send this completed form, photo (optional)
and check by April 20th to:

2019 Teal Ribbon 5K
Memory/Honor Board
Delaware Ovarian Cancer Foundation
701 Sweetleaf Drive
Wilmington, DE 19808

The DOCF Fund maintains a special purpose fund at
the Delaware Community Foundation, a 501(c)(3)
organization. All donations are tax deductible.
Your canceled check is your receipt.

Thank you for your support and generosity!

Delaware State Tax Check-Off

Please support our mission by checking this
box on the Delaware State Tax Form and donate
\$1 or more to DOCF when preparing your taxes.
Your donation will help fund much needed
research for ovarian cancer.

Ovarian Cancer Awareness Month

Remember. . . September is Ovarian Cancer
Awareness Month. DOCF will be scheduling
various events/activities to be announced on our
website.

Ovarian Cancer Awareness Stamp Petition

Please show your support by signing this
petition and tell your family, co-workers and
friends to sign as well.

http://www.ipetitions.com/petition/ovcastamp/

Volunteers Welcome!!!!

DOCF welcomes volunteers to help raise
awareness about ovarian cancer and
ultimately save lives. Remember . . . the life
you help us save could be your own or that of
a loved one. Assistance is needed with
various events dedicated to raising funds for
cancer research to develop a reliable test for
early detection.

Contact DOCF to join our fight against ovarian
cancer: President/Survivor Dorianne Short,
302-998-6889 or President@deovariancancer.org

DIRECTIONS

From I95 Exit 6:

Proceed to MARYLAND Ave./Martin Luther King
Blvd.

Turn RIGHT onto M.L.K. Blvd. Stay in the RIGHT-
MOST lane.

From MLK BLVD, turn RIGHT onto S. ORANGE
ST. and LEFT onto WATER STREET.

The Tubman-Garrett Park is located on Water
Street between Market and French Streets
across from the Train Station.



Sunday, May 5, 2019
(Rain or Shine)

Tubman-Garrett Park (new location)

Riverfront/Wilmington, DE



In Support of DOCF Research Initiative at



Helen F. Graham Cancer Center
& Research Institute

Hope for the Present...a Cure for the Future

About DOCF



The Delaware Ovarian Cancer Foundation (DOCF) was founded and established in 2009 by Dorianne Short, an ovarian cancer survivor, diagnosed in 2003.

The mission of the DOCF is to increase awareness and education about ovarian cancer among women and healthcare professionals in Delaware and the surrounding vicinity. DOCF is committed to research and provides support for women affected by ovarian cancer. Visit us at www.deovariancancer.org

*****Presently, the Helen F. Graham Cancer Center & Research Institute is conducting ovarian cancer research, supported through a research grant, the Delaware Ovarian Cancer Foundation Research Initiative.*****

Know the Facts...

Ovarian cancer is the fifth leading cause of cancer related deaths in women age 35-74 and can affect women of all ages and ethnic backgrounds. It is the deadliest of the gynecologic cancers. A woman's lifetime risk of developing ovarian cancer is an estimated 1 in 70. Each year more than 22,000 new cases of ovarian cancer are diagnosed.

Since there is no reliable screening test, more than 75% of women are diagnosed in the later stages, resulting in a poor prognosis. Only 19% of cases are diagnosed early and recurrence is very common.

A Pap Test does not detect ovarian cancer!

Know the Symptoms...

- Bloating
- Pelvic or abdominal pain
- Difficulty eating or feeling full quickly
- Urinary symptoms (frequency or urgency)

Other Symptoms may Include:

Extreme fatigue; indigestion, heartburn or upset stomach; back/leg pain; change in bowel habits (constipation, diarrhea); weight gain or weight loss; shortness of breath; menstrual irregularities; or pain during intercourse.

These symptoms are non-specific and may mimic non-gynecologic conditions. See your doctor if any of these symptoms persist for more than 2 weeks. Early detection increases survival rate.

2019 Honorary 5K Co-Chairs

Lt. Governor Bethany Hall-Long
Representative Michael Ramone

Schedule of Events

- 8:00 am Registration Opens
- 8:15 am Survivors Group Photo
- 8:40 am Opening Ceremony
- 9:15 am Warm-up
- 9:30 am Run/Walk Begins



****Memorial Dove Release courtesy of Thompson's Bird Farm prior to start of race.**

Non-Perishable Food Donations



DOCF is collecting non-perishable items to donate to the Sunday Breakfast Mission in Wilmington, DE. Help those in need...drop your item(s) at the designated area at the 5K.

Pre-Registration

Pre-register online at races2run.com or complete the attached 5K registration form and mail to DOCF by **April 29, 2019**. Registration forms also can be accessed on our website at www.deovariancancer.org

T-shirts guaranteed for all pre-registrants only.

Team Running/Walking

Join forces (work, home, church, school, etc.) and form your own **Team** of 5 or more members. This is a great way to show your combined support, as well as share in the fun of the day. **Team signs are encouraged for photos!**

Survivors Table

Ovarian Cancer Survivors are asked to sign-in as our honored guests and pick up a special gift!! Please be sure to sign-in at the Survivors Table and join our group photo at 8:30 am.

Exhibitors - Representatives from local organizations and companies will share information about their services and will be available to answer questions.

For additional 5K information:

www.deovariancancer.org www.races2run.com

For questions:

DOCF5K@deovariancancer.org
302-998-6889 302-740-1574

2019 RUN/WALK REGISTRATION FORM

Photocopies accepted.

Must complete a separate form for each participant, including signature(s).

Participants under 18 must have parent's signature.

Last Name (Please Print) _____ First Name _____

Mailing Address _____

City _____ State _____ Zip _____

Phone Number (including area code) _____

Email Address _____

I am Running Walking Gender: M F Age _____

T-shirt Size: S M L XL XXL (if available)

Ovarian Cancer Survivor: Yes Year Diagnosed _____

Team Member Number of people on team: _____

Team Name: _____

How did you hear of the Teal Ribbon 5K? _____

Registration Fees (check only one):

General \$25 Pre-reg.; \$30 Day-of

Student \$20 Pre-reg \$25 Day-of

Children age 5 years and under free (no T-shirt)

Make checks payable to "DOCF"
(Teal Ribbon 5K in memo).

Mail registration form(s) and check **no later than April 29th** to:

DOCF Teal Ribbon 5K
701 Sweetleaf Drive
Wilmington, DE 19808

(or pre-register online at www.races2run.com)

I am unable to participate in the Run/Walk. Please accept my donation of \$_____ (donations *In Memory or Honor*, please use other side).

Thank you for your support and generosity!

DOCF maintains a special purpose fund at the Delaware Community Foundation, a 501(c)(3) non-profit organization. All donations are tax deductible. Your canceled check is your receipt.

Release Form: I, the undersigned, for myself, my heirs, executors, and administrator, waive and release any and all rights and claims for losses and damages I may have against the City of Wilmington, DOCF race directors, volunteers and sponsors for any and all injuries suffered by me in said event. I attest that I am sufficiently physically fit and have no medical condition that prevents me from safely participating herein. Further, I hereby grant my permission to any and all forgoing to use photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose whatsoever.

Signature of Participant _____ Date _____

Legal Guardian if under 18 _____ Date _____