



Standup for the Cure

Lake Sammamish State Park
Saturday August 24, 2019

8:00 AM

REGISTRATION & OPENING ACTIVITIES

- Change into your pink SUFTC Jersey
- Park your SUP at the water's edge
- Signup for the SUP Clinic,
and for your Breast Exam
- Tour the Evergreen Health mobile
mammography unit
- Enter the Sweepstakes Drawing—place your
tickets in the drawing baskets
- Participate in the Silent Auction—bid on
SUP Boards and other amazing items
- Shop in the Expo for new fun products

100% OF THE DONATIONS AND PROCEEDS FROM THIS EVENT BENEFIT
SUSAN G. KOMEN PUGET SOUND.

8:00 AM	REGISTRATION OPENS
9:00 AM	SUP CLINIC BEGINS – ALL LEVELS
9:30 AM	EVERGREEN HEALTH BOOTH OPENS <i>Breast Screenings</i>
9:45 AM	REGISTRATION CLOSES
10:00 AM	THE HAWAIIAN BLESSING FOR OUR BREAST CANCER SURVIVORS <i>The Pū conch signifies the launch the “Sea of Pink”</i>
10:30 AM	ADVANCED (5K) AND INTERMEDIATE (2.5K) RACES
11:00 AM	KIDS RACES
11:00 AM	YOGA CLASS – ALL LEVELS <i>Yoga to heal the body and soul</i>
11:30 AM	TEAM RELAY RACES
11:30 AM	HAPPY HOUR BEGINS <i>Live Music</i>
12:30 PM	LUNCH SERVED RAFFLE WINNERS POSTED
1:00 PM	SILENT AUCTION CLOSES
2:00 PM	CELEBRITY PRIZE GIVING CEREMONY <i>Prizes for races and top fundraisers</i>