



# STANDUP FOR THE CURE

LAKE SAMMAMISH,  
WASHINGTON  
SATURDAY AUGUST 25<sup>TH</sup>, 2018

## 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
- 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	SEATTLE CANCER CARE ALLIANCE MAMMOGRAM BUS OPENS
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
1:30 PM	SILENT AUCTION CLOSING RAFFLE WINNERS POSTED
2:00 PM	CELEBRITY PRIZE GIVING CEREMONY <i>Prizes for races and top fundraisers</i>