



2023 Information package
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(science nerd, runner, advocate)



In support of
Ovarian Cancer Canada



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Disclaimer: 100% of proceeds from the Run for Her go directly to Ovarian Cancer Canada. This is a passion project unrelated to my official role as Scientific Advisor at Ovarian Cancer Canada.

Ovarian cancer: the hard facts

Ovarian cancer survival:

- ❖ Ovarian cancer is the fifth most common cause of cancer deaths in Canadian women.
- ❖ ~3,000 Canadian women are diagnosed with ovarian cancer **every year**.
- ❖ 5 Canadian women die from ovarian cancer **every day**.
- ❖ 55% of women diagnosed with ovarian cancer die within 5 years.
- ❖ Long-term survival outcomes for women with ovarian cancer have not changed in **50 years**.
- ❖ The majority of individuals are diagnosed at an advanced stage, when treatment is less effective.

"Ovarian cancer" is not one disease:

- ❖ The term "ovarian cancer" refers to a group of distinct cancers that originate at or near the ovaries.
- ❖ Each type of ovarian cancer is associated with different risk factors, precursor lesions, molecular changes, typical stage at diagnosis, prognosis, and response to treatment.
- ❖ Many women diagnosed with less common types of ovarian cancer do not benefit from standard treatment and have fewer treatment options.

Why is it so hard to detect ovarian cancer at an early stage?

- ❖ There is no reliable screening test for ovarian cancer. The pap test does NOT detect ovarian cancer.
- ❖ The most common type of ovarian cancer typically spreads when the cancer is still very small, before symptoms appear.
- ❖ Symptoms are usually non-specific and are often mistaken for more common benign conditions. Symptoms can include:
 - Bloating
 - Difficulty eating
 - Abdominal or pelvic discomfort/pain
 - Changes in urinary habits
 - Changes in bowel habits
 - Menstrual irregularities

- Bleeding after menopause
- Unexplained weight gain/loss
- Extreme/persistent fatigue
- Pain with intercourse

Who is at risk?

- ❖ **Anyone born with ovaries** has some risk for ovarian cancer (~1.4% lifetime risk overall). This includes trans men and other people born with ovaries who do not identify as women.
- ❖ The following factors increase someone's lifetime risk for ovarian cancer:
 - Family history of specific cancers (ovarian, breast, endometrial, colorectal, pancreatic, prostate)
 - Ashkenazi Jewish or French-Canadian ancestry
 - Inheritance of a change in a hereditary cancer gene (e.g., BRCA1, BRCA2)
 - Personal history of breast cancer
 - Endometriosis
 - Increasing age
- ❖ The following factors decrease someone's lifetime risk for ovarian cancer:
 - Removal of ovaries and/or fallopian tubes
 - If at increased risk: removal of both ovaries and fallopian tubes
 - If at average risk: removal of fallopian tubes if already planning to undergo gynecologic surgery (e.g., hysterectomy or tubal ligation) unrelated to cancer
 - Use of oral contraceptive pills
 - Giving birth
 - Breast feeding

Want to know more or have specific questions about ovarian cancer?

- ❖ Email me at aliciaatone@gmail.com
- ❖ Check out Ovarian Cancer Canada's website (ovariancanada.org) and [youtube](#)
- ❖ Read educational module "Ovarian cancer 101: it's time for change" ([link](#))
- ❖ Listen/watch conversations with individuals impacted by ovarian cancer via "Run for Her stories" on my Instagram ([@aliciaatone](#)) or [youtube](#)
- ❖ Attend live educational session hosted by South Georgian Bay Community Health Centre (Collingwood library, Fri Sept 29 @5-6pm; register [here](#))

How you can help

1) Register to run on "race" day (September 30, 2023)

- ❖ Deadline to register: September 17
- ❖ Go to main donation page:
[2023 Personal Event TeamRaiser: Dr. Alicia Tone Virtanen - Fundraise in support of Ovarian Cancer Canada \(convio.net\)](#)
- ❖ Donate \$31 (minimum)
- ❖ Enter "RFH registration" in the message box
- ❖ Send your signed waiver form ([link](#)) and indicate which section/s of the course you plan to run to aliciaatone@gmail.com
- ❖ More race day/route details can be found on pages 6-9. Information will also be provided on the Run for Her 31km Trail Challenge Facebook [group](#) and to registrants via email by 1-2 weeks prior to race day.

2) Register for Run for HER Trail Run Series (every Saturday from Aug 19-Sept 23)

- ❖ Series being held in collaboration with Girl Time Inc (www.girltimeinc.com)
- ❖ Registration fee (\$31 donation) covers any/all training runs and race day
- ❖ Register via Girl Time Inc event page:
[We RUN for HER: Girl Time Inc. – Girl Time Inc.](#)
- ❖ More route details can be found on page 10. Information will also be provided on the Run for Her 31km Trail Challenge Facebook [group](#) and to registrants via email by the Monday prior to each run.

3) Donate

[2023 Personal Event TeamRaiser: Dr. Alicia Tone Virtanen - Fundraise in support of Ovarian Cancer Canada \(convio.net\)](#)

4) Join Run for Her fundraising team

- ❖ Help spread the word and raise even more funds for this important cause!
- ❖ Go to main donation page and click "Join Event":
[2023 Personal Event TeamRaiser: Dr. Alicia Tone Virtanen - Fundraise in support of Ovarian Cancer Canada \(convio.net\)](#)

5) Purchase Run for Her swag

- ❖ Totes still available and more tees are being ordered!
- ❖ Please send payments for the full amount (\$45 for tees, \$25 for totes) via e-transfer to aliciaatone@gmail.com. 100% of profits will then be donated directly to Ovarian Cancer Canada on your behalf.



6) Participate in special fundraising activities leading up to race day

Examples include a special drink at [Low Down](#) during the month of September and a Run for Her raffle. Details will be shared via the Run for Her 31km Trail Challenge Facebook [group](#) and Instagram ([@aliciaatone](#)).

7) Read and share educational posts / this document

8) Volunteer on race day

Volunteers are needed for aid stations and helping with logistics on September 30 to make sure our runners have a great experience! Email me at aliciaatone@gmail.com to get involved :)

Who can participate?

You do not need to be a superstar runner (or a woman) to participate in the Run for Her. It is not really a "race", rather a personal challenge for a good cause! All paces, skill levels and genders are welcome. You can run, hike, run/walk, do the entire course yourself, or complete it as a (self-organized) relay team. This is not the Olympics, and I will be taking my time to (hopefully) prevent having to crawl over the finish line (although suffering is still inevitable). Refreshments, snacks, and a cheering squad will

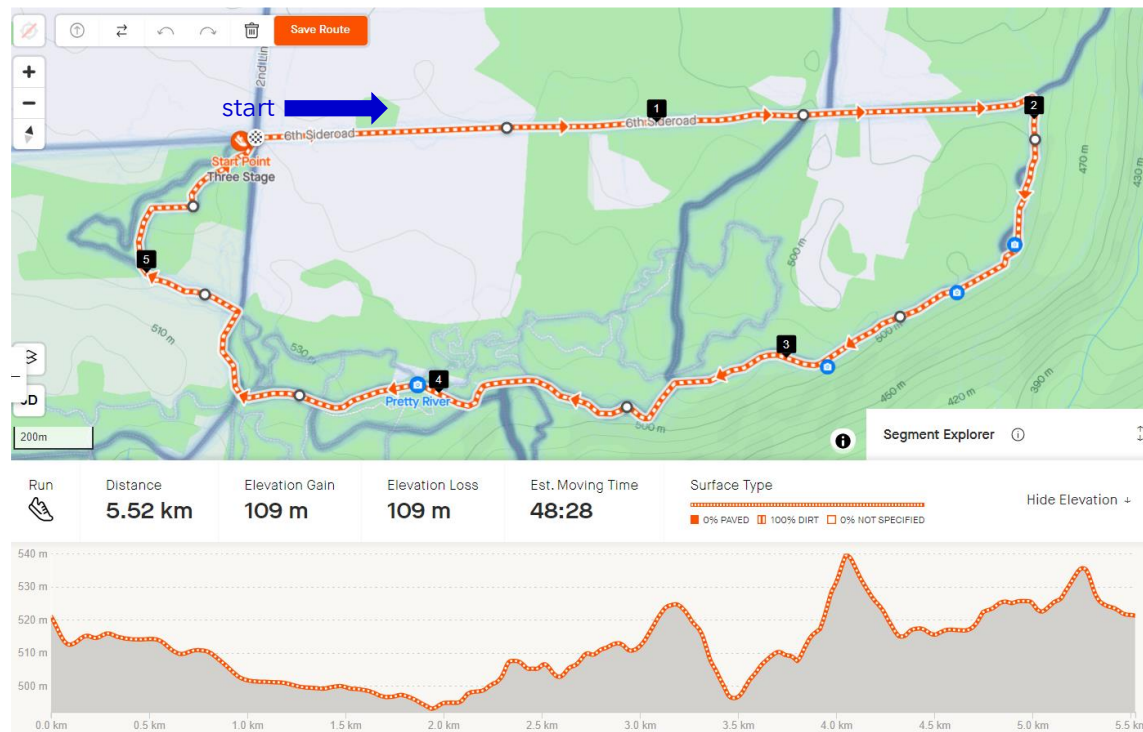
be provided at aid stations and a “sweeper” will make sure that all runners are accounted for.

Run for Her 31km Trail Challenge

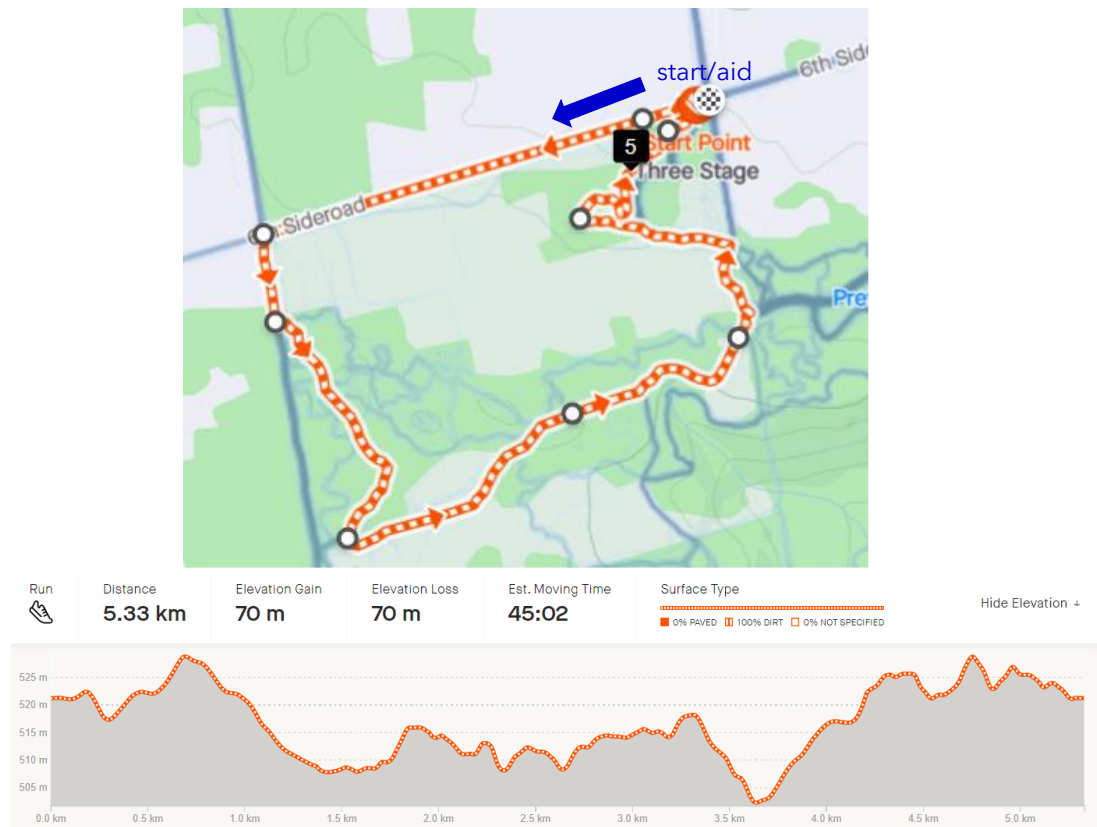
Starts: 7:30am sharp on Saturday September 30 at 3-stage trails outside of Collingwood (<https://goo.gl/maps/NXQw71m46E3nHFfE9>). This will also be the location of the main aid station and the finish line. Please arrive 15-20 minutes prior to start time to get your race bibs, etc. We will also take a group pic of all starting runners and volunteers.

Route info: The full 2023 route and each section (if running as a relay) are available on the Strava app - we will be “doubling up” on a few sections this year (running in opposite directions) to help with volunteer and participant logistics. Please save routes to your phone/watch prior to race day. A written description of each segment will also be provided in the pre-race email to help with navigation.

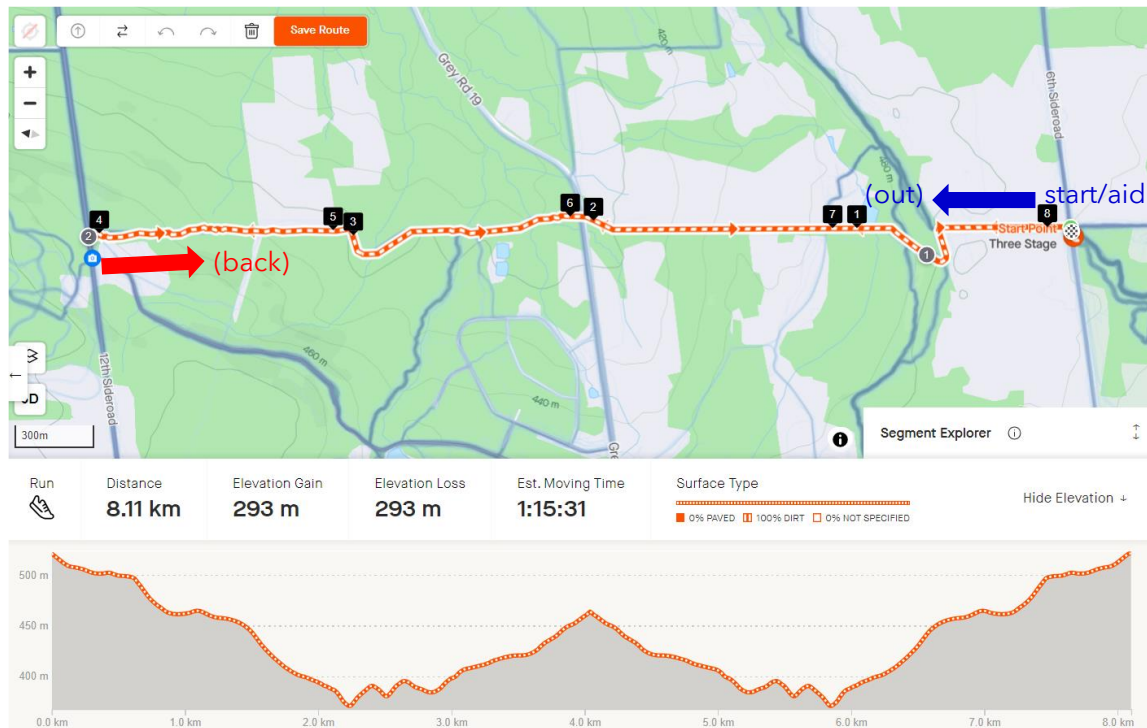
Section 1: <https://www.strava.com/routes/3111038318654824538>



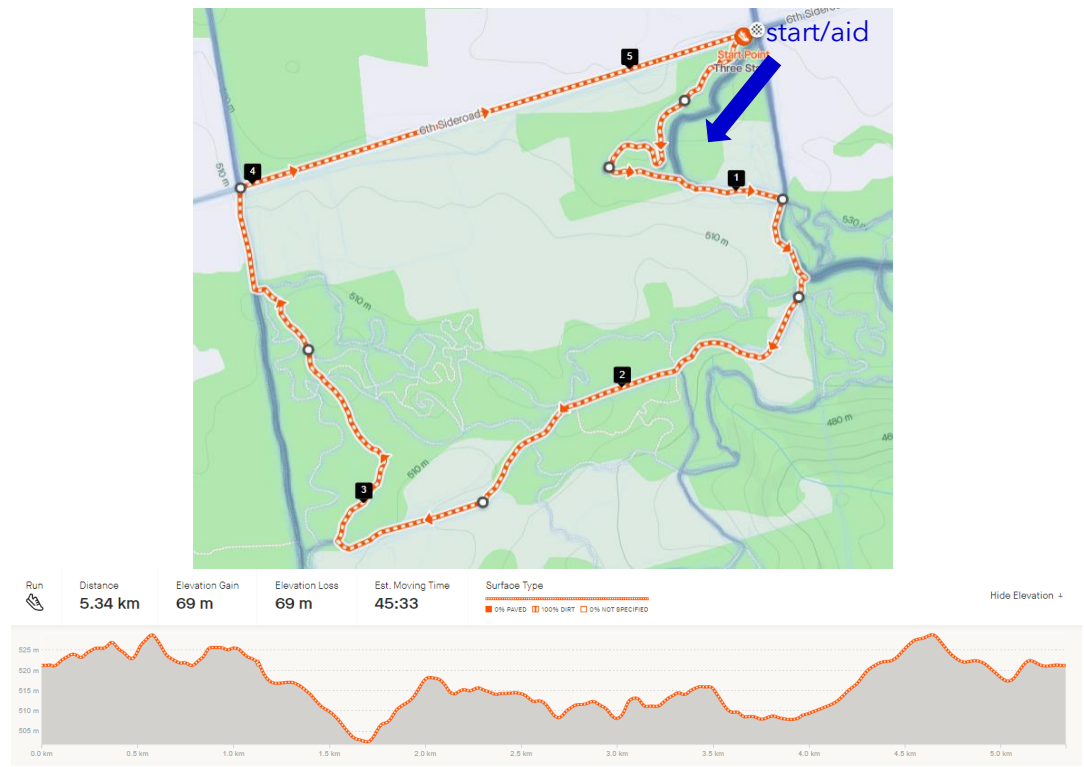
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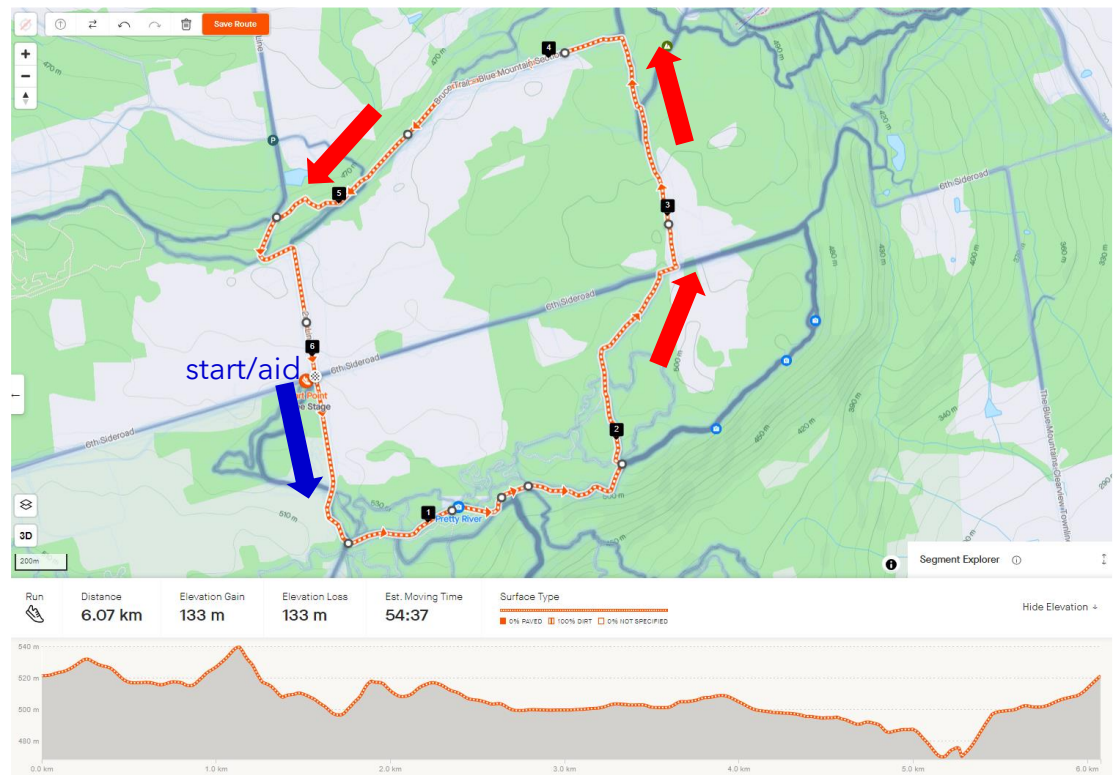
Section 3: <https://www.strava.com/routes/3111040626066044776>



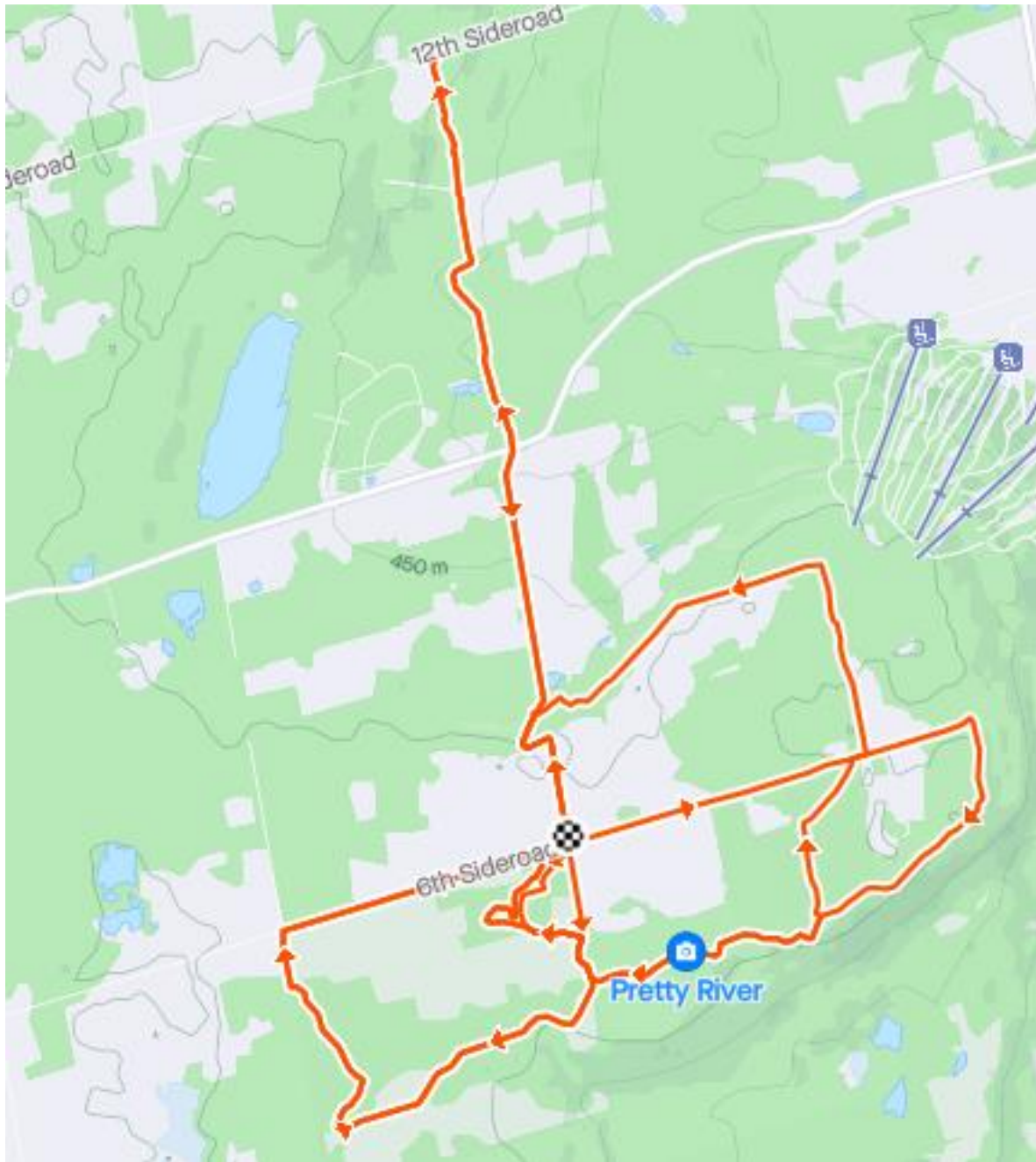
Section 4: <https://www.strava.com/routes/3111298984837246042>



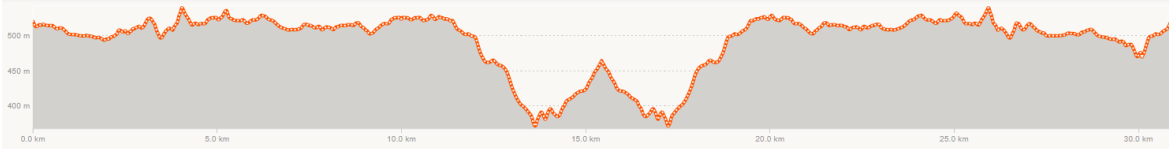
Section 5: <https://www.strava.com/routes/3111299538432439186>



Full route: <https://www.strava.com/routes/3111298393181284808>



Run	Distance	Elevation Gain	Elevation Loss	Est. Moving Time	Surface Type	Hide Elevation
	30.93 km	690 m	690 m	4:51:31	0% PAVED 100% DIRT 0% NOT SPECIFIED	+



Run for HER Trail Run Series, in collaboration with Girl Time Inc

Starts: every Saturday morning @7:30am sharp, from August 19 to September 23. Please meet at the start point for each route, as indicated in the links below.



Goals:

- ❖ To increase confidence in trails and the Run for Her course
- ❖ To slowly build kms and elevation
- ❖ To go at your own pace, but also push yourself
- ❖ To spend time in nature with good company
- ❖ To support an important women's health issue

Similar to "race" day, all paces, skill levels and genders welcome.

Routes:

- ❖ August 19 (start at 3 stage trails):
<https://www.strava.com/routes/3111298984837246042>
- ❖ August 26 (start at 3-stage trails):
<https://www.strava.com/routes/3111038318654824538>
- ❖ September 2 (start at Loree parking lot):
<https://www.strava.com/routes/3090069553897458146>
- ❖ September 9 (start at 3-stage trails):
<https://www.strava.com/routes/3111331894064201618>
- ❖ September 16 (starts at 3-stage trails):
<https://www.strava.com/routes/3111339115686139994>
- ❖ September 23 (start at 3-stage trails):
<https://www.strava.com/routes/3111341562083902554>

Calendar

July

MON	TUES	WED	THURS	FRI	SAT	SUN
10 Registration opens	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31 Raffle sales start						

August

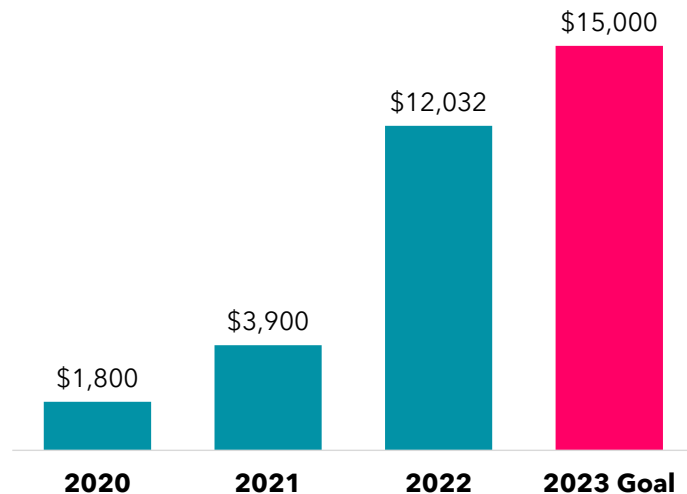
MON	TUES	WED	THURS	FRI	SAT	SUN
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19 Trail series 1 (5.3k / ↑69m)	20
21	22	23	24	25	26 Trail series 2 (5.5k / ↑109m)	27
28	29	30	31 Raffle sales end			

September

MON	TUES	WED	THURS	FRI	SAT	SUN
				1 Low Down drink start	2 Trail series 3 (8.2k / ↑135m)	3 Raffle draw
4	5	6	7	8	9 Trail series 4 (10.5k /↑173m)	10
11	12	13	14	15	16 Trail series 5 (11.3k / ↑316m)	17 Last day to register
18	19	20	21	22	23 Trail series 6 (11.5k / ↑216m)	24
25	26	27	28	29 Public awareness session @library 5-6pm	30 Run for Her (31k / ↑690m) Low Down drink end	

Where does the money go?

So far, the Run for Her raised a combined total of \$17,732 between 2020-2022. The goal this year is to raise an additional \$15,000, to bring the total to \$32,000+.



100% of funds raised through the Run for Her go directly to Ovarian Cancer Canada, the only national charity dedicated to overcoming ovarian cancer. Ovarian Cancer Canada's bold new strategic direction, mission and vision are shared below, with more information available at ovariancanada.org.

At Ovarian Cancer Canada, we reject the notion that ovarian cancer can't be eradicated.

We are here to demand action, deliver change, and transform lives. We stand hand-in-hand with the people experiencing, affected by, or at risk of the disease. We will not rest until women are able to live their lives freely, fully, and uninhibited by ovarian cancer.

We are filling a gap, we need to be here – for those living with ovarian cancer today, and the 3,000 Canadians who will be diagnosed this year.

Ovarian cancer has many different faces, and we are here for every one.

We are building research capacity, unlocking insights into rarer forms of the disease, addressing urgent needs, and bringing hope to people across the country. We are driving ovarian cancer research in Canada faster than ever – changing the landscape of available treatment options. After decades without real change, improved outcomes are finally possible.

OUR MISSION

To boldly and unapologetically take action against ovarian cancer until the number of deaths from this disease is zero.

OUR VISION

A future where ovarian cancer is preventable, curable, and ultimately eradicated.

Thank you for your support!

Alicia

