

Colors for a Cause - March 2023

- Colon Cancer Awareness - wear **BLUE** on March 4
 - [Colorectal cancer screening saves lives.](#) People should get checked starting at age 45, to help find warning signs and find it early when treatment is most effective.
- World Down Syndrome Day - wear **bright, mismatched** socks on March 21
 - [Down Syndrome](#) occurs naturally, there is no known cause. Around 1 in every 800 babies will be born with Down Syndrome.
- Cerebral Palsy Day - wear **GREEN** on March 25
 - [Cerebral Palsy](#) is a group of disorders which affect normal movement in different parts of the body. There are several different types and according to the CDC, about 1 in 345 children in the US have been diagnosed with cerebral palsy.
- Epilepsy Awareness Day - wear **PURPLE** on March 26
 - [Epilepsy](#) is the fourth most common neurological disorder in the world which causes recurring, unprovoked seizures.
- Multiple Sclerosis Awareness - wear **ORANGE**
 - According to the [National MS Society](#) nearly one million people in the US are living with MS. MS is a disease of the central nervous system that disrupts the flow of information within the brain, and between the brain and body. Causes unpredictable symptoms such as numbness, tingling, mood changes, memory problems, pain, fatigue, and/or paralysis.



Monthly Challenges – March 2023

- [Gone for a Run](#)
 - Many themed runs and distance challenges! All virtual!
 - Every race supports a charity!
- [Runs for a Purpose](#)
 - MS Awareness Run/Walk
 - World Down Syndrome Run/Walk
- [St. Jude Children's Research Hospital](#)
 - 40 Mile Dog Walk
 - 3,000 Crunches
 - 62 Mile Challenge
 - 100 Mile Cycle
 - Row 60,000 meters
 - Knit and Fundraise Challenge
- [Colon Cancer Coalition](#)
- Epilepsy Foundation
 - Hike 40 miles

