

Colors for a Cause

May 2023

- Melanoma Monday and Skin Cancer Awareness – wear **BLACK** on May 1
 - [Skin cancer](#) is the most common cancer in the US and one of the most preventable cancers. According to the [Skin Cancer Foundation](#), having 5 or more sunburns doubles your risk for melanoma.
- Mental Health Awareness – wear **GREEN**
 - According to [Mental Health America](#), 1 in 5 American adults will have a diagnosable mental health condition in any given year. Over 50 million American adults experienced a mental illness between 2019-2020.
 - #breakthestigma
- Brain Cancer Awareness – wear **GRAY** on May 27
 - [In 2023](#), an estimated 24,810 adults and 5,230 children in the US will be diagnosed with primary cancerous tumors of the brain and spinal cord.
- Cystic Fibrosis Awareness – wear **PURPLE**
 - [Cystic Fibrosis](#) is a rare genetic disease that can affect people of all racial and ethnic groups. Nearly 40,000 people in the US have CF. Due to improved medical treatment and care, more than half the people living with CF are 18 and older.



Monthly Challenges: May 2023



- [Gone for a Run](#)
 - Many themed runs and distance challenges! All virtual!
 - Every race supports a charity!
- [Runs for a Purpose](#)
 - Mental Health Awareness – Run, Walk, Bike from anywhere!
- [St. Jude Children's Research Hospital](#)
 - Craft and Fundraise Challenge
 - 35 Pickleball Matches
 - 50 Mile Stroller Walk Challenge
 - 62 Mile Challenge
 - 72 Holes of Golf Challenge
- [Stand Up to Cancer](#)
 - Move 62 miles in May