



October 2023 – Colors for a Cause

- **Breast Cancer Awareness Month – wear PINK**
 - According to www.breastcancer.org, about 1 in 8 women will develop invasive breast cancer over the course of her lifetime.
 - Breast cancer is the most diagnosed cancer among American women.
- **Down Syndrome Awareness Month – wear BLUE and YELLOW**
 - According to the [CDC](http://cdc.gov), each year about 6,000 babies are born with Down Syndrome making it the most common chromosomal condition diagnosed in the US.
- **Depression Awareness and Education Month – wear GREEN**
 - According to the [CDC](http://cdc.gov), one in five US adults have been diagnosed with depression.
- **Bullying Prevention Month – wear BLUE**
 - According to the National Center for Education Statistics, in the US, one in five students ages 12-18 has been bullied during the school year.

Monthly Challenges

- [Runs for a Purpose](#)
 - Pregnancy and Infant Loss Awareness Run/Walk
 - Break the Stigma – Mental Illness Awareness Run/Walk
- [Gone for a Run](#)
 - Many themed runs and distance challenges! All virtual!
 - Every race supports a charity!
- [St. Jude Children’s Research Hospital](#)
 - 31 Mile Dog Walk
 - 62 Miles Challenge
 - Bake Sale
 - Bike 50 Miles
 - Hit 400 Golf Balls
 - Lift 4x/Week
- [Susan G Komen Breast Cancer Awareness Events](#)

