

Local 5K Memorial Race Brings Prevention Focus to Fight Against Cancer

NEEDHAM, MA – (September 22, 2016)

The Sean D. Biggs Memorial Foundation (the Foundation) will host their fourth annual “BIGGSteps Toward Cancer Prevention” 5K road race, a USA Track & Field sanctioned event. The 5K and 1-mile walk will both be held on Sunday, November 13, 2016, at Broadmeadow Elementary School in Needham. The 1-mile walk will begin at 9:30 a.m. followed by the 5K at 10 a.m. Kids dashes for ages up to 12 will be run after the completion of the 5K. The event appeals to runners and walkers of all ages and abilities and includes family-friendly features such as a bounce house, music provided by PressPlay Entertainment, games and hot and cold refreshments. Proceeds from the BIGGSteps event benefit cancer prevention research and local organizations providing cancer treatment and care including Beth Israel Deaconess Cancer Center and Surgical Pavilion, Needham and Camp Kesem MIT, a free summer camp for children touched by a parent’s cancer.

Sean Biggs was a Needham resident who lost his battle with cancer in 2012. A devoted husband, father, brother, and son, his many accomplishments included qualifying for and running six Boston Marathons, traveling to four different continents, and a successful career focused on the environment and clean energy; all while remaining the most grounded and genuine person that most had ever met. In late September of 2011, Sean was diagnosed with cancer and received treatment at the BID Cancer Center. He fought cancer with the same amazing spirit that he lived his life.

“As we celebrate the second anniversary of the Beth Israel Deaconess Cancer Center and Surgical Pavilion, we are thankful for the Sean D. Biggs Memorial Foundation’s help in carrying on our mission to deliver high-quality cancer care in a community setting,” said Robb Friedman, MD, Medical Director for the BID Cancer Center.

Kesem is a nationwide community, driven by passionate college student leaders that supports children through and beyond their parent's cancer. Kesem's flagship program, Camp Kesem, provides free summer camp experiences to over 6,000 children across the country through chapters at 86 colleges and universities including Sean’s graduate school alma mater, MIT. "The Kesem experience provides children a community of children who understand them," commented Kesem CEO, Jane Saccaro. "For many children, that community is the stepping-stone for improved self-esteem, communication and emotional skills, and outlook on life. Our partnership with the Sean D. Biggs Memorial Foundation is critical to our ability to support more and more children touched by a parent's cancer - including right here in the Boston area."

The focus of the 4th Annual BIGGSteps Toward Cancer Prevention event is to promote everyday ways people can reduce the risk of developing cancer. Participants will receive cancer prevention information and tips and the Foundation is seeking sponsors to provide a “Runner’s Sun Protection Kit” for those who register to run and walk. The kit will feature a sun-shielding performance hat, sport sunglasses with ultraviolet ray protection, sunscreen and sun-protective lip balm. Local businesses that have already

signed on as sponsors of the event include TripAdvisor, IHS Markit, Crowley & Cummings, LLC, Spaulding Outpatient Center Wellesley and Varano Realty Group. Foundation Board Member David Jilek notes, "Our BIGGSteps sponsors make possible our mission of fighting cancer through prevention awareness. The support we get from the local community is incredible."

Dr. Friedman of the BID Cancer Center notes, "This year's focus on everyday ways to prevent cancer can have a real impact on the community's health to reduce their risk of certain cancers. Sean's dedication to the Needham community and the work of his foundation to carry on his legacy are an inspiration. We are truly honored to receive the support of the 'BIGGSteps Toward Cancer Prevention' 5K road race."

Sean's friends and family members have organized the BIGGSteps Toward Cancer Prevention 5K, 1-Mile Walk, and Kids' Dash. The 5K route starts at Broadmeadow Elementary School and covers many of the roads Sean ran frequently during his marathon training. The run is a USA Track & Field sanctioned event and will be chip-timed so experienced runners can compete for personal bests and new runners can gauge their progress. BIGGSteps is also the final race of the Second Annual Needham Bank 5K Grand Prix, in which the top three male and female runners of the 5K series are eligible to win prize money and participants in all four Grand Prix races earn a unique prize. Visit <http://runneedham.com> for more information.

The Sean D Biggs Memorial Foundation also hosts a BIGGSteps event in the Kansas City area, near Sean's undergraduate alma mater, The University of Kansas. To date, these family-friendly events have generated over \$350,000 and all net money raised is disbursed to organizations aligned with the Foundation's mission. The Sean D. Biggs Memorial Foundation is a 100% volunteer organization - no board member or staff receives compensation.

Race information, including a detailed schedule of events and accompanying attractions and sponsors, can be found at <http://www.biggesteps.org>. Runners can register online now at <http://biggesteps.racewire.com> or complete a paper registration the day of the race.

The Sean D Biggs Memorial Foundation raises awareness of the causes and prevention of cancer; assists those affected by cancer; and supports cancer research. Consistent with the vision of Sean Biggs, we also fund collegiate scholarships for study abroad and in the fields of alternative energy and energy efficiency.

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