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NEWS RELEASE

For immediate release

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Especially for You® Race Against Breast Cancer marks 36th year
More than 15,250 already registered for this year's race

CEDAR RAPIDS, IA (Sept. 24, 2026) – The 36th annual *Especially for You®* (EFY) Race Against Breast Cancer is almost here! To date, more than 15,250 individuals and 600 teams have registered for the race on Sunday, Oct. 4, which includes a 5K run, 5K walk or a one-mile family fun walk. Last year, a record 16,682 individuals participated.

The race supports the *Especially for You* Fund, which provides funding for mammograms, ultrasounds, biopsies, and other breast-care and gynecological cancer screenings and services for individuals in need. Throughout the years, more than 18,000 individuals have accessed 48,000 services through the EFY Fund.

Individuals can register for the race online at www.especiallyforyourace.org until race day. On-site registration will be available from 7 to 7:45 a.m. on race morning in the Hall-Perrine Cancer Center Community Room, just inside the north entrance.

On race morning, breast cancer survivors are invited to gather in the Hall-Perrine Cancer Center parking lot at 7:15 a.m. to participate in a group photo, which will be taken at 7:25 a.m. More than 1,000 survivors have already registered for the race.

Opening ceremonies will be held at the starting line at 7:45 a.m. The starting line is at the intersection of 10th Street & Fifth Avenue SE near Hall-Perrine Cancer Center. The race begins at 8 a.m.

The race will finish at Hall-Perrine Cancer Center. Post-race activities will include a health fair, food trucks, kids' activities and live music.

For more information, visit www.especiallyforyourace.org or call the EFY race line at (319) 398-6582.

The EFY race and fund are dedicated to the memory of Sandy Knight, a Whittier resident and General Mills employee who died of breast cancer in July 1991. Knight co-founded Mercy's Especially for You After Breast Cancer Support Group. Her dream was to establish a race to raise funds for breast cancer awareness and education.

Breast cancer is most treatable and curable when detected in its earliest stages. Even so, breast cancer claims more than 40,000 lives each year. This number can be reduced with early detection through clinical breast exams and mammography.

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About Mercy

Mercy Cedar Rapids is a Catholic healthcare system serving patients and families in eastern Iowa. In addition to Mercy Medical Center (its fully accredited, 424-licensed-bed hospital in downtown Cedar Rapids, Iowa), the system also has an established network of specialty clinics and MercyCare primary and urgent care clinics located throughout Cedar Rapids and surrounding communities. PINC AI™ and Fortune have named Mercy Medical Center among the nation's 100 Top Hospitals multiple times in the last 20 years based on clinical, operational, financial and patient satisfaction data. Founded in 1900 by the Sisters of Mercy, Mercy remains dedicated to its mission of caring for the sick and enhancing the health of the communities it serves. For more information, visit www.mercycare.org, or follow Mercy on Facebook, Instagram, X, LinkedIn, TikTok or YouTube.