Dear Clemson Alumni,

It’s time for Clemson Campus Recreation’s 3rd annual Movember campaign! During the month of Movember (formerly known as November) Clemson University supports the Movember Foundation’s global Movember Campaign. Throughout the month, “Mo Bros” and “Mo Sistas” are encouraged to support moustaches along with the millions of men and women that have joined the men’s health movement. Mo Bros grow moustaches that spark conversation and bring awareness to men’s health issues that put men at high risk of disease and shorter lifespans. Mo Sistas join the cause by supporting the men in their lives, educating themselves and others on men’s health issues, and committing to MOVE and be active for the 30 days in November! The goal for Mo Bros and Mo Sistas is to draw attention and awareness to the less-talked-about, but very important health issues many men experience. Men aged 18-35 are at most risk for testicular and prostate cancer, mental health issues, and physical inactivity. Maybe you have not been directly affected, but you might know men in your life that have been! Last year Clemson University’s Movember raised $1,578 with only 9 teams and 72 members. This year, our goal is to raise $15,000! That being said, we would love to invite you to our Mo-tastic Moustache Dash 5k!

The Moustache Dash 5K will take place on October 31st 9:00 a.m. – This 5k is our official Movember kickoff! Make a visit back to campus for the race start on the Upper Intramural Fields. In the spirit of Halloween, costumes are encouraged! The Moustache Dash 5k is a family and pet friendly race! To register for the race visit http://www.clemson.edu/campus-life/campus-recreation/5k-races.html

We would also like to encourage you to make your own individual profile on Movember.com and create your own Clemson Alumni Movember team where you can pledge to be active, fundraise, and track your moustache!

Thank you so much for all your help and support. We hope you will join us in our Movember campaign as Mo Bros and Mo Sistas! Please feel free to reach out if you have any questions or comments!

Be Well,

Clemson Campus Recreation