

news release



FOR IMMEDIATE RELEASE

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#growMANKato Going Strong to Promote Awareness of “Men’s Cancers” *In November and all year long*

Mankato, MINN (October 10, 2017) – Once again, #growMANKato, a grassroots effort to raise individual and community awareness of men’s health, with a focus on prostate & testicular cancer (the men’s cancers) will be going strong this November. The efforts started in 2014 with conversation between two local men, testicular cancer survivor, Chris Harstad and prostate and kidney cancer survivor, Jonathan Zierdt.

Help show your support of the “men’s cancers” by shaving down on November 1st and continue to grow all month long to help show your support and raise awareness of these cancers. The month-long campaign will officially kick off Wednesday November 1st at the “Shave Down, Beards & Beer Event” 5pm at Mankato Brewery. It will continue through the month with 4 additional events planned culminating on Thursday November 30th at the “Mustache Bash” 6pm at Pub 500.

Funds are being raised through the initiative to help support men going through treatment and their families by providing gift cards to help ease everyday expenses such as gas and groceries. Often cancer puts people on paths they have never predicted, things that were once not a burden due to increased expenses or inability to work. #growMANKato is working with Mankato Area Foundation, the JZ Cancer Fund, and local health care providers to provide donations directly to those who are in need. To donate go to www.MankatoAreaFoundation.com, click “Give Today”, and select #growMANKato as the recipient. #growMANKato has a goal to raise \$10,000 this year.

We want you to help support and raise awareness of men’s cancer all November long. Here are the rules of the game:

- No shaving after November 1
- We don’t discriminate – mustaches and beards of all kinds are okay – do what suits you!
- Pick up your #growMANKato bracelet starting November 1 at any of the 5 #growMANKato events to show your support for the initiative.
- Show up (with friends and family in tow of course) to the Mustache Bash on November 30 at Pub 500 for the Mustache/Beard Competition, live music and a great time!
- Go to www.MankatoAreaFoundation.com and make a financial contribution to support community members and families through their battle with cancer.

#growMANKato 2017 Schedule of Events:

- **Nov 1 Wed - Shave Down, Beards & Beer Event @ Mankato Brewery 5pm**
Kick off “No Shave November” and #growMANKato’s cancer fundraising initiative with straight razor shaves & trims by Y Barbers, live jazz, special Mankato Brewery Raspberry Cheesecake Nano-Beer & food
- **Nov 4 Sat - Tackle Cancer w/ MSU Men’s Football @ Blakeslee Stadium 12pm**
MSU Football shows their support for men’s cancer awareness
- **Nov 17 Fri - Shaved Ice w/ MSU Men’s Hockey @ Verizon Center 7pm**
MSU Hockey shows their support for men’s cancer awareness along with #growMANKato’s live celebrity shave on center ice
- **Nov 20 Mon - Max Wojtanowicz Performance: Ball: A Musical Tribute To My Lost Testicle @ Mankato Brewery 5pm**
Testicular cancer survivor and performing artist, Max W, presents his journey with stage 3 testicular cancer through comical storytelling and original song
- **Nov 30 Thu - Mustache Bash @ Pub 500 6pm**
End of the month celebration with mustache/beard competition, special Mankato Brewery Chocolate Mint Stout Nano-Beer, live music, mustache/beard trimming by Y Barbers, caricatures, and more

Social Media Information:

[facebook.com/growMANKato](https://www.facebook.com/growMANKato) | #growMANKato

About Chris Harstad:

Chris (36) was diagnosed with testicular cancer in October 2007 and shortly after had surgery to remove the cancer. After a year of monitoring, Chris was told that the cancer returned and had moved into his abdominal lymph nodes. About a year after his the original diagnosis he went through eight weeks of chemotherapy which successfully eradicated the cancer. Testicular cancer, if caught early, is 95% curable.

About Jonathan Zierdt:

Jonathan (51) was diagnosed with prostate cancer and kidney cancer in November 2013, and had three surgeries during the winter of 2014 to remove the mass on his kidney and a prostatectomy. Since the initial surgical treatments, Jonathan’s prostate cancer (a highly aggressive form) has persisted. Following a six months treatment regime involving anti-hormone and radiation therapy, the cancer continued to persist and metastasized. That resulted in specialized radiation treatments, nearly 5 months of chemotherapy, and two more years of anti-hormone therapy which he remains on today.

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