

Lace up your walking & running shoes and join us

# KAT-Walk & Karo-5K for Brain Aneurysm Awareness



**Saturday, September 16, 2023 - 12PM**  
Back Cove Boulevard, Portland, Maine



Join hundreds of walkers & runners along the Back Cove course. Registration, family gatherings, and activities start at 10am on the pathway across from Hannaford Plaza. The measured and timed 5K race and 2.5 mile walk kicks off at 12pm, followed by awards presentation.

Our goal is to provide support to the brain aneurysm community in Maine, raise public awareness regarding early detection & treatment, and fund research.

For more information about Brain Aneurysms and the KAT-Walk & Karo-5K, please visit:

[www.MaineBA.org](http://www.MaineBA.org)

**"Share our tears, remember with love, and walk & run to honor"**



The KAT-Walk is in memory of  
Portland native  
**Kimberly A. Tudor**  
1976 - 2008



The Karo-5K is in memory of  
Scarborough native  
**Karolina A. Kurka**  
1984 - 2011

Now in it's 15th year, this annual event has grown to include many more families affected by brain aneurysms. This day is used to honor survivors and remember loved ones lost to this silent killer that strikes every 18 minutes.



Remembering those lost and honoring survivors



## Brain Aneurysm Awareness Saves Lives!

A brain aneurysm is a weak bulge on the wall of an artery in the brain and can catastrophically rupture. Today, 1 out of 20 people in the U.S. currently have a brain aneurysm, a silent killer, which often presents with no prior symptoms or whose symptoms are often ignored or misdiagnosed. Statistics after a brain aneurysm ruptures are grim: of the 40,000 people that have a rupture each year, over 40% will die as a result and two thirds will suffer disabilities of varying degrees.

Proceeds from the 2023 KAT-Walk & Karo-5K will benefit the Maine Brain Aneurysm Awareness Committee in it's efforts to provide brain aneurysm awareness, education, funding of research, and general support centered on the brain aneurysm community in Maine and northern New England.