



**KARMANOS CANCER INSTITUTE**

**C.A.P.A.B.L.E.  
MILLION  
METER ROW**

**May 9, 2026**

**8 a.m. - 4 p.m.**

**CrossFit® in the D**  
150 Michigan Avenue  
Detroit, MI 48226



KARMANOS CANCER INSTITUTE

# MILLION METER ROW

## EVERY PULL IS A ROW FOR CANCER RESEARCH

The **Million Meter Row** is a high-energy, community-driven indoor rowing fundraiser where teams unite to row **1,000,000 meters**.

The event blends athleticism, teamwork, and purpose to raise critical funds for **CAPABLE**, a free, evidence-based exercise program and research initiative supporting cancer survivors.

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## SPONSORSHIP

### **CAPABLE Hero Cancer Research Sponsorship: \$10,000**

- Signage recognition at the event
- Social media and website recognition
- On-site recognition
- **2 Rowers (10 participants)**

### **CAPABLE Champion Cancer Research Sponsorship: \$5,000**

- Signage recognition at the event
- Social media and website recognition
- On-site recognition
- **1 Rower (5 participants)**

### **CAPABLE Warrior Cancer Research Sponsorship: \$2,500**

- Signage recognition at the event
- On-site recognition

### **CAPABLE Partner Cancer Research Sponsorship: \$1,000**

- Signage recognition at the event
- On-site recognition

### **\$50 - Athlete Participation Fee**

To sponsor, donate or  
for athlete participation:  
[www.karmanos.org/MMR](http://www.karmanos.org/MMR)



**CAPABLE**  
CROSSFIT & PHYSICAL ACTIVITY:  
A BETTER LIFE EXPERIENCE

MICS#9108