

LONG BEACH, CA, October 05, 2013 **/24-7PressRelease/** -- Saturday, Oct. 5, Farmers & Merchants Bank (F&M) will join forces with Team Spirit in the fight against breast and ovarian cancer at the 14th Annual Team Spirit Breast and Ovarian Cancer 5K and 10K. The event at the Alamitos Bay Landing will support vital programs at Long Beach Memorial's Todd Cancer Institute.

Team Spirit is an organization dedicated to raising awareness and funding for the fight against breast and ovarian cancer. The organization's team is made up of volunteer survivors and friends dedicated to supporting treatment and research of these cancers.

A longtime supporter of Team Spirit, F&M Bank is proud to support this year's Team Spirit Breast and Ovarian Cancer 5K and 10K, with all proceeds staying within the community to support local patients and programs.

This event offers something for everyone, with participants encouraged to get involved in the following ways:

- Enter the 5K or 10K Fun Run
- Enter the 5K or 10K Walk
- Participate as an individual or create a team
- Volunteer at the event
- Make a gift to honor or support a loved one
- Sponsor the event

On-site registration on the day of the event will begin at 6:30am. For additional information and to pre-register, visit <http://www.teamspiritonline.org> or call 562-933-3500.

About Farmers & Merchants Bank Founded in Long Beach in 1907 by C.J. Walker, Farmers & Merchants Bank has 21 branches in L.A. and Orange counties. The Bank specializes in commercial and small business banking along with business loan programs. Farmers & Merchants Bank of Long Beach is a California state chartered bank with deposits insured by the Federal Deposit Insurance Corporation (Member FDIC) and an Equal Housing Lender. For more information about F&M, please call the media contacts listed or visit the website, <http://www.fmb.com>.