

- What is Movember and why did you choose to be a Movember Captain?

First off it wasn't because I wanted to grow a mustache.

Movember is a chance to get away with growing a mustache and convincing your boss that it's not only acceptable, but that he should join you too. Movember was started a little over a decade ago by a couple of buddies in Australia. They wanted to raise money for prostate cancer research and bring back the mustache in one sweeping effort. This cause has turned into a global brand and is celebrated by some of the worlds largest companies, sports teams, and great people like you and me. A conversation on men's health has started!

What makes Team RDU different, when there are so many other teams?

The work we are putting into promotion, finding sponsors, and creating a Gala that we hope to turn into a major US Gala for Movember. We're aware that there are many Movember teams and events across the state. Our aim is the connect them, and provide catalyst to each in order to raise awareness for their individual promotions. Our efforts with RDU Movember will never lift without statewide promotion, and that starts with our team building others. Personally, I'm seeking the adventure it is to create the teamwork needed to promote Movember across the state and it has only begun!

- How can people get involved with Team RDU?

You can join or team as an individual, or create a team for your company or group and join our statewide network.

Call me 919-971-8007 and I would love to talk to you about how you can support Movember.

- Why are you promoting Movember?

The men in my family have been affected by cancer, but the main issue is heart disease. During my father's senior year of college his dad had a heart attack on the 17th hole of the course he had helped build. He was 55 years old.

I never met my grandfather, and my mother's father died when I was very young of another heart attack. My father recently turned 55, and has since then taken serious measures to eat better and be active. I know he is doing it for me.

What would you tell others trying to promote a non-profit movement?

It's a great opportunity to show your best chops! Get a great core team together and do what you are good at, and use the opportunity to hone skills that you want to improve. Do whatever you want, call a huge corporation, find a printing company and make billboards, whatever you would be afraid of doing in a job use this opportunity to live without fear. I've been tweeting the most ridiculous things back to people; I would never get away with this at my job, but for Movember this is more than acceptable. Make it fun, because whatever mistakes you make you will learn from the experience, and remember, "No one is going to die."

- Last but not least, any tips for creating a killer Mustache? Start early. I know Movember has a shave the date November 1st clean cut rule, but start that stache whenever you want to. It's your mustache; you can start a month ahead or a week before the gala. This is your face, not Movember's. I'm going to sport one heck of a mustache and you better believe it!

Ryan earned his degree in marketing management at East Carolina University. At ECU, Ryan created innovative advertisements and digital campaigns for the school's business leadership program.

Ryan has worked in a variety of business environments including hospitality, health, clinical, and restaurant. Ryan has worked for a number of agencies specializing in graphic design and advanced marketing automation. Ryan is involved with the Central and Eastern Carolina Foodbank, manages community planning with [Movember](#), and is a Co-Coordinator for RallyTheTriangle. He's an advocate for an active life and promotes healthy local companies.