



our promise:

To save lives and end breast cancer forever by empowering people, ensuring quality care for all and energizing science to find the cures.

Sign up NOW for the 2009 Richmond Race for the Cure!

Reminder: Sign up early! Registration fees go up after January 1st, so register now at www.komenrichmond.org!

The 12th annual Susan G. Komen Richmond Race for the Cure will be held on **May 9, 2009!**

Join us in our efforts to fulfill our promise to end breast cancer forever.

How to get involved:

- **Race!** You can participate in the 5k walk/run (competitive or non-competitive), the 1k Fun Run, the Kids for the Cure Run or even Sleep-In for the Cure
- **Form a Team.** Gather friends, family & co-workers to race together!
- **Donate** to Susan G. Komen for the Cure at <http://www.komenrichmond.org/>
- **Volunteer.** If you're interested in volunteering to help support the event, please contact volunteer@komenrichmond.org

Support the Komen Richmond Affiliate

It's the end of the year and the perfect time to make a donation to the Richmond Affiliate!

Breast Cancer is the second most frequently diagnosed cancer among women living in the United States. It is only through the generous support of our donors that we are able to make a difference in the fight against breast cancer.

The Komen Richmond Affiliate is committed to our community by distributing **75% of the net revenue raised back into the community of Central Virginia through our Grant program.** The remaining 25% directly supports Komen's National Research Grant Program. We are currently funding 11 innovative projects totaling \$466,313. Additionally, in 2007 we contributed \$110,835 to fund breast cancer research through Komen's National Research Grant Program.

You can also designate your donation in memory of someone or in their honor to celebrate a loved one's survivorship or a special occasion.

Every gift is tax-deductible and the donor receives an acknowledgement for their donation.


How to Donate

- Make an [on-line donation](#) through Komen Richmond's secure online giving provider
- **Mail your donation** to the Richmond Affiliate Office:

Komen Richmond Affiliate
4905 Radford Ave. Suite 209
Richmond, VA 23230

If your gift is in honor or memory of someone, please include their name and the name & address where you'd like the acknowledgement sent.

- **Corporate matching gifts** are encouraged. Ask your Human Resource Department for guidelines and forms.
- **Donate your car through [Vehicles for Charity](#):** Vehicles for Charity makes it easy to donate your vehicle and designate the proceeds to the Richmond Affiliate! Visit their website <http://www.vehiclesforcharity.org/> Click Charities and the top of the page, choose Virginia from the drop down menu and click "Donate Now" beside Greater Richmond Affiliate of Susan G. Komen for the Cure!

Support Komen Richmond 

Volunteer Spotlight

Gaybrielle and Kathryn: *In August, Komen Richmond announced a volunteer internship opportunity to several universities in the area. All Komen Affiliates will be developing a Community Profile that will identify gaps and needs in breast health services in our service areas. To our great fortune, Gaybrielle and Kathryn, both full time students at the University of Richmond answered the call! They have committed to serving on the Community Profile Team and assisting with data collection and report writing. They are devoting several hours a week to Komen doing research and attending meetings ON TOP OF their current studies at the University! The Richmond Affiliate is grateful to student volunteers Gaybrielle and Kathryn for their insight, time, and dedication to improving the lives of women in our community.*

Grantee Spotlight

Central Virginia Health Services (CVHS) provides primary health care services through 13 sites to medically underserved communities in 15 counties and 3 cities. Through its program, "An Ounce of Prevention Education and Testing for Breast Health," CVHS will provide screening and diagnostic mammograms, educational materials, and limited transportation for uninsured, low income patients. Funding from Komen Richmond will provide access to screening mammograms for 310 women in the CVHS network. The Richmond Affiliate is pleased to join CVHS in its efforts towards awareness and early detection of breast cancer in central Virginia.

Looking for Christmas Shopping Ideas?

When looking for the perfect Christmas gift, please take a look at the Promise Shop on our web site <http://www.komenrichmond.org/>. Gift ideas include pearl bracelets, ornaments, cookie molds, scarves, drinking glasses and more! A portion of these sales will support the Richmond Affiliate.