

## January 2009

### High School Team Challenge

The 2009 Richmond Race for the Cure® marks the official kick-off of the Komen Richmond Affiliate's  
*High School Team Challenge!*

The *High School Team Challenge* is a national initiative that challenges high school students to join the fight against breast cancer.

The goals of the *High School Team Challenge* for the Susan G. Komen Richmond Race for the Cure® are to:

- **Increase breast cancer awareness among high school students.**
- **Raise funds for breast cancer research, education, screening and treatment**
- **Increase participation of high school students in the Richmond Race for the Cure®**
- **Have fun while positively affecting the community**

Through the High School Team Challenge, high school students are asked to volunteer to mobilize their fellow students to participate in and raise money for the Richmond Race for the Cure. Interested students, teachers and staff may participate as Team Leaders or as part of a group who publicize and coordinate your school's participation in the Richmond Race for the Cure, which will be held this year on **May 9, 2009**.

After the Race, prizes will be awarded based on 3 categories: percentage of student body participation, funds raised, and a special spirit award.

E-mail us at [teams@komenrichmond.org](mailto:teams@komenrichmond.org) for more information and to sign up to participate or to volunteer to be your school's Team Leader.

We will hold an information Team Leader meeting soon, check back for the date!

### **2009 Susan G. Komen Richmond Race for the Cure Registration Now Open!**

Join us on **May 9, 2009** for the 12th Annual Susan G. Komen Richmond Race for the Cure® and help us fulfill our vision of a world without breast cancer!

**Please visit the Komen Richmond website**

**<http://www.komenrichmond.org/>  
to register or learn more!**

### **Ways to Support the Richmond Race for the Cure**

**Participate:** Run or walk in the 5k or the 1k (Chip timing is available)

**Join or Form a Team:** Get your friends, family and co-workers to run or walk together

**Sleep In for the Cure®:** Can't make it to the Race? Would you rather sleep in on Saturday morning? The snooze your way to finding a cure by registering to Sleep In for the Cure®! When you register to Sleep in for the Cure, you'll receive a Race t-shirt and a special Race sn00ze bib! You can even participate on a team as a Sleep In member!

**High School Team Challenge:** Get your high school involved by forming a team and competing against other local schools! Teams will be judged in 3 categories: largest percentage of student body participation, most funds raised and a special spirit award!

**Donate:** Support a participant or a team. [Click here to donate now!](#)

**Volunteer:** Help with pre-Race and Race day activities

**Tinkled Pink:** Celebrate your mother, grandmother, sister or special person in your life! Advertise your business! For \$100 you can underwrite and decorate a port-o-potty on Race day! A great way to show your support for the Richmond Race for the Cure and let your name be seen while important business is being taken care of.

[Click here to learn more or register](#)

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### **Cancer Survivor Symposium**

Feb. 19, 2009

7 p.m., at the Science Museum of Virginia

**It takes a community: How African-American churches together can maximize support for cancer survivors**

[Click here to learn more](#)

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### **Volunteer Spotlight**

**Hannah Kenyon** got involved with Komen after being inspired by her grandmother who is a survivor and losing a beloved family member to breast cancer. She volunteers at the Richmond Race for the Cure® and wrote a great article about Komen's Circle of Promise for the Affiliate's spring 2008 newsletter. She currently writes the feature articles in the Affiliate's monthly e-newsletter. We are very thankful to have Hannah helping us get our Promise out to our community.

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### **Grantee Spotlight**

#### **Augusta Regional Free Clinic's**

**RACE** Program focuses on **Recognition** of regular preventive care, patient **Accountability** for scheduling mammograms, **Coordination** of patient screenings, and breast cancer **Education** for the underserved, at risk populations of Staunton, Waynesboro and Augusta County. The program will provide clinical breast exams for 250 low income women, age 40-64, and offer preventive care education to 2,000 women. The Richmond Affiliate is pleased to partner with Augusta Regional Free Clinic to improve the breast health of women in a predominantly rural community.