

**March 2009**

### **Sleep in for the Cure® at the Richmond Race for the Cure!**

Do you find yourself saying: "I'd love to run, but I'm busy that day" or "I wish I could, but I'll be out of town." If so, you're in luck! Even if you can't be there for the Race on May 9th, you can still join the fight against breast cancer by signing up to **Sleep in for the Cure®!**

Register as a Sleep In participant and choose to hit the snooze button on Race Day! You will still receive the runner's t-shirt and a special sn00ze Race bib. You can Sleep In on your own or join a team. Team Captains, this is a great way to grow your team! Plus, your team can win an award for the team with the most "Sleep In" members!

Anyone can register as a Sleep In participant. Simply visit [www.komenrichmond.org](http://www.komenrichmond.org), and choose the Sleep in for the Cure® option during registration. All Sleep In participants will have their t-shirt and sn00ze bib mailed to them prior to Race day!

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### **Celebrate your Mother, Grandmother, Sister or Special Person in your life! Advertise your business!**

Tinkled Pink is 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.

For \$100 you can sponsor and decorate a port-o-potty on Race day! Celebrate your special someone this Mother's Day by decorating a port-o-potty at this year's Race or use the opportunity to advertise your company, school or club. The Tinkled Pink program is a unique, fun and affordable way to show your support at this year's race.

To reserve your Tinkled Pink port-o-potty, [download a registration form](#) or e-mail us at [info@komenrichmond.org](mailto:info@komenrichmond.org)!

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**Komen Richmond is Now on Facebook!**

The Komen Richmond Affiliate now has its own Facebook page! Become a fan of Komen Richmond and keep informed of our events and activities. We'll also keep you updated with the latest facts, breast health information and pictures of all of our events!

Log into Facebook and search "Komen Richmond" to become a fan of the Richmond Affiliate today!

<http://www.facebook.com/>

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## Ukrop's Golden Gift Program is Back!

**You can help the Komen Richmond Affiliate earn a portion of this year's \$200,000 payout!**

Every time you shop at Ukrop's and use your UVC card between **March 2nd and March 28th, 2009**, you will earn one Golden Gift Point for every \$1 spent. The more you shop, the more you earn! Points are automatically calculated and tracked on your purchase receipts. At the end of the program period, a Golden Gift certificate that details your household's points will be mailed to you. Donate your points to the Richmond Affiliate by turning in or mailing your Golden Gift Certificate to our office **by June 1st, 2009**: 4905 Radford Ave. Suite 209, Richmond, VA 23230

Visit [www.ukrops.com](http://www.ukrops.com) to learn more

## Volunteer Spotlight

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**Mary Johnson Fain** has been volunteering with the Komen Richmond Affiliate since 2004. Mary was first inspired by her friend Rona's remarkable courage and amazing spirit while battling breast cancer in 2002. She continues to stay motivated because of the courageous women she knows who are battling this disease. Mary has been a dedicated member of the Race Cabinet, working with PR in the beginning and now with Event Production which includes planning the Race Kick-off event and Race day activities. The Richmond Affiliate would like to thank Mary for her hard work and dedication to our mission!

## Grantee Spotlight

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**Winchester Medical Center's** "Bridging the Gap in Cancer Screening and Support Services" program (BTG) will help ensure that women in the Northern Shenandoah Valley region of Virginia receive access to culturally competent breast cancer screening, education, and support services. Screenings, mammograms, and supportive services will be provided for women, ages 40-49, who do not qualify for BCCEDP because of age. Breast Health education workshops will be held in a variety of venues, targeting women with special emphasis on minority and non-traditional underserved populations in our community. The Richmond Affiliate is proud to partner with Winchester Medical Center to promote early detection among all women in the city of Winchester and the counties of Clarke, Frederick, Shenandoah, Page, and Warren.

