

January 2010

The countdown begins, 5 months to the 5K!

Join us at the **13th Annual Richmond Race for the Cure** on **Saturday, May 8, 2010** on Brown's Island!

[Click here to register NOW!](#)

There are many exciting ways to participate – just pick the option that's best for you!

5K Walk/Run: Timing Chip available

Sleep-In for the Cure: Can't make it on Race day? Then Sleep-In! You'll still receive a Race t-shirt and a special sn00ze race bib.

Form a Team: Gather your family, friends or co-workers! Any group of people can form a team and team members can even Sleep-In!

Kids for the Cure: Capital One Kids for the Cure Run® is a 1/2 mile run open to children ages 6-12.

1K Fun Run: A shorter version of our 5K for the enthusiast who wants to participate, but not at a full 5k trek.

Be a Fundraiser: Go the extra mile to help defeat breast cancer by collecting donations from family, friends and co-workers. If each participant asks 10 people for \$10 each, we can raise more than \$1 million to support the fight against breast cancer! (Fundraising is optional.)

Visit the [Event Info](#) page to learn more about ways to get involved and see the event schedule.

New Year...New Resolutions

It's a new year, and as people celebrate the end of one year and the beginning of another, many make promises to themselves for better health. Make breast health one of your 2010 resolutions. While you are transferring all of those birthday and anniversary dates into your new calendar, don't forget to set a date each month for a self-breast exam. Also, schedule your mammogram. Some women like to give themselves the "gift" of breast health by scheduling their mammogram during their birthday month; this is a simple way to remember when it's time for another one.

For more information on the appropriate breast cancer screening methods at any age, [click here](#) to read Komen's "Breast Cancer Detection" Facts for Life.

Shop Komen, Support Komen Richmond

Need a snazzy watch, colorful scarf or desk supplies? Shop for great Komen apparel, gifts and accessories while supporting Komen Richmond! With the variety of items and prices, you'll discover several items you want and need! 25% of your purchases support local breast health programs.

Upcoming Events

Pink Out with the University of Richmond Spiders

February 6, 2010

The Richmond Spiders will promote breast cancer awareness at their Saturday, February 6th game against Temple. Tickets are \$10 at the door with \$2 benefiting Komen Richmond. A special edition Spiders/Komen t-shirt will be available for \$10 with proceeds donated to the Richmond Affiliate. Anyone making a donation to the Richmond Affiliate that night will be included in a drawing for 2 Jet Blue Airline tickets. Breast cancer survivors will be recognized at half time, so show up and wear your Pink!

The Lady Spiders will also support breast health awareness at their Saturday, Feb 13th 7:00pm game against Rhode Island. Tickets are \$5 at the door with \$1 benefiting the Richmond Affiliate.

10th Annual Conference for Young Women Affected by Breast Cancer

February 26-28, 2010

Atlanta, GA

Susan G. Komen for the Cure is the lead sponsor of an international conference presented by Living Beyond Breast Cancer and the Young Survival Coalition. The conference is dedicated to the critical issues of young women affected by breast cancer and those who care about them. For more information, please visit www.youngsurvivorsconference.org or email pbhall@komenrichmond.org to request an informational brochure.

Pink Ribbon Comedy Tour

March 4, 2010

The Pink Ribbon Comedy Tour is making its way to Virginia! Starting at 8pm on Thursday March 4 you can have an entertaining night at the Wild Wings Cafe, Historic Amtrak Station, 820 W. Main St., Charlottesville, (434-979-9464). Ticket prices are \$15/person with 30% donated to Komen.

Bowl for the Cure

All month long

February is Bowl for the Cure® month, a time when USBC leagues across the nation organize Bowl for the Cure events to benefit Komen. Bowlers can designate one league night to donate a specific amount, such as nickel per pin, or stage pledge nights, raffles and auctions. Add pink pins for a fun touch! Local bowling associations and establishments are encouraged to team up with Komen Affiliates to conduct a Bowl for the Cure event any time of the year for the entire community. For 2010 the United States Bowling Congress has set a goal to raise 1million dollars to donate to Komen. [Click here](#) to be part of the fun and help USBC reach it's fund raising goal by registering your Bowl for the Cure event. You will receive a kit to help you get started. The web site also has event success stories with many great ideas.

Komen Scholarships Now Available

The Komen College Scholarship Program is now accepting applications! The program helps students who have lost a parent or guardian to breast cancer or have had their own breast cancer diagnosis before age 25. [Click here to learn more and apply before February 15, 2010!](#)