

March 2010

Volunteer at the Race for the Cure

Ever wonder how we put on a Race for over 9,000 people? It wouldn't be possible without YOU! We credit our success in the past 13 years to the many outstanding volunteers who share their energy, ideas, talents and enthusiasm with us in our fight to end breast cancer.

There are various opportunities to help out not only on Race day but also at packet pick-up in the days before the Race. If you are interested in volunteering, please email us at volunteer@komenrichmond.org and let us know which of the following times you are available:

Race Packet Pick-up: Location to be determined

Thursday, May 6th 11am – 4pm and 4 – 9pm
Friday, May 7th 11am – 4pm and 4 – 9pm

Race Day: Saturday, May 8th on Brown's Island

5:30am – 9am: Set-up and Race start
9am – 11am: Race and Post-Race activities
11am – 1pm: Break down and clean-up

Become a fan on Facebook!

If you're not following us on Facebook yet, [click here and become a fan now!](#) We'll keep you up to date on Race activities, the latest breast cancer news and local upcoming events. In addition, if you are interested in networking with other Race team captains or attending events sponsored by our young professionals committee P.I.N.K.K., follow them on Facebook as well!

[Komen Richmond Facebook Page](#)

[Race Team Captain Facebook Page](#)

[P.I.N.K.K. Facebook Page](#)

P.I.N.K.K. Training Team

Need a little motivation to run or walk the 5k in May? Interested in meeting new people and enjoying great food? **Then join our P.I.N.K.K. training team!**

Professionals Inspiring New Komen Knowledge (P.I.N.K.K.) has formed a training team to help runners and walkers of all levels get in shape for the Race for the Cure and do a little socializing at the same time. Each run will start at a different restaurant around town and all participants are welcome to stay for brunch afterwards. A \$25 donation to the P.I.N.K.K. race team is required (note: Race registration fee and brunch cost are not included in the donation).

[Click here to learn more and sign-up!](#)

“Many an opportunity is lost because a woman is out looking for four-leaf clovers.” ~ Author Unknown

In March we celebrate the Luck of the Irish. How lucky are you when it comes to your risk of getting breast cancer? Is it luck at all or just unlucky genes? No matter what your level of risk or your genetic history, knowledge is power. [Knowing how your heritage plays a part in your risk is important](#). And [testing for BRCA1 and BRCA2 mutations](#) can help you and your health care provider create a proactive health plan. Don't let the opportunity to understand your individual “breast cancer luck” pass you by; knowing the facts is a huge step in breast health.

Upcoming Events

[Visit our website for more details on these exciting events!](#)

Pink Ribbon Comedy Tour

March 4

8:00pm

The Pink Ribbon Comedy Tour is making its way to Virginia! Starting at 8:00pm on Thursday, March 4th you can enjoy 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.

[Click here to learn more!](#)

Virginia Men's Chorus & Women's Chorus

March 14 & 28

The combined Richmond Men's and Women's Choruses will perform the inspiring and uplifting “Sing for the Cure” an original song cycle commissioned by Susan G. Komen for the Cure. The first performance will be at Ginter Park Presbyterian Church (3601 Seminary Ave.) on March 14, 4pm. Tickets are \$20 in advance, \$25 at the door. There will be an additional “Sing for the Cure” performance at Piedmont Virginia Community College in Charlottesville, on March 28th at 3:00pm. Tickets for this performance are \$15. For more information visit www.richmondmenschorus.org.

Race Kick-off and Registration Weekend at Virginia Center Commons

March 27 & 28

12:00 – 6:00pm

Come by and kick-off the 2010 Richmond Race for the Cure! Find out more about the Race, register on site, and learn other ways to get involved, including Tinkled Pink and Sleep-In for the Cure.

Volunteer Spotlight: Gwen Gardner

Gwen Gardner is an 8-year breast cancer survivor who began volunteering with Komen in 2003 right after she finished treatment. Gwen has been a vital part of the Race committee since then, helping to coordinate and manage Race packet pick-up. She is also a member of the Volunteer Development committee and the new Survivor Recognition committee. Gwen always has a positive attitude and says, "There was life before, during,

and after Breast Cancer. I'm living proof." Komen Richmond would like to thank Gwen for her years of hard work and her dedication to making a difference in the fight against breast cancer.

Grantee Spotlight: Senior Connections/Capital Area Agency on Aging

Using trained volunteers and area partner agencies, Focus 50+ will help women over 50 –especially African American and Hispanic women in the Richmond area – better understand the importance of breast cancer screening. Volunteers and staff will also offer to make appointments and follow-up with women to ensure that they get a mammogram. Komen Richmond is pleased to support Senior Connections in their new endeavor to save lives through early detection.