

## June 2010

### Thank you!

We'd like to thank you for being an important part of the 2010 Susan G. Komen Richmond Race for the Cure®. With the amazing backdrop of Brown's Island, over 9,300 participants came together for an inspiring day. The impact of our fundraising efforts on that day will be felt for years to come!

Together, we raised nearly \$800,000 to end breast cancer forever. Up to 75 percent of the Komen Richmond Race for the Cure's net income will stay in Central Virginia to fund local screening, treatment and education programs for the medically underserved. The remaining dollars support the Susan G. Komen for the Cure® Research Grants Program to continue the search for new treatments and ultimately to find a cure.

### We Need Your Input

We strive to do everything to make the Komen Richmond Race an incredible experience, which is why we need your help to ensure that next year's event is even better. [Please follow this link to complete our online survey.](#) The survey should take you just a few minutes and is completely anonymous.

### Congratulations to Our Top Fundraisers and First Place Finishers!

**Top Individual Fundraiser:** Anna Hanback, team captain of Anna's Bananas

#### Top Fundraising Teams:

**Overall:** N.E.W. (Network of Enterprising Women), \$13,447

**Corporate:** Team Dominion, \$13,400

**Friends/Family:** N.E.W. (Network of Enterprising Women), \$13,447

**High School Team Challenge:** Roarty's Racing Rapids (James River High School), \$5,094.45

#### First Place Run Finishers:

**Survivor:** Mary Ann Williams with a time of 23:41

**Female:** Jessica Hope with a time of 20:53

**Male:** Ryan Paavola with a time of 17:28

### Join Us Again in 2011!

We're already making plans to build upon the success and momentum that you've generated. Please save the date: **May 7, 2011** for the 14th Annual Richmond Race for the Cure!

Thank you again for everything you've done in the fight to end breast cancer forever. We'll see you again next year or perhaps sooner, at other Komen events such as the September 24th Survivor Celebration!

Sincerely,

Jessica Braum and Tracey Leverty

2010 Race Co-chairs

### Grant Applications Now Available

The Richmond Affiliate is pleased to announce the availability of grant funds for 2011-2012.

**Who?** Nonprofit organizations, governmental agencies, and educational institutions in cities and counties identified in the [Service Area](#) section of our website are eligible for funding.

**What?** Grants up to \$50,000 will be awarded to support breast cancer and breast health programs.

**When?** All applications are due Tuesday, August 31st at 5:00 pm.

**How?** All application instructions, forms, requirements, and grant writing workshop information can be found in the Grants section of our web site: [www.komenrichmond.org/grants](http://www.komenrichmond.org/grants).

**Why?** The [2009 Community Profile](#) identifies the breast health needs in our area and outlines the funding priorities of the Richmond Affiliate.

**More questions?** Contact Pem Hall, Director of Community Health Programs at [pbhall@komenrichmond.org](mailto:pbhall@komenrichmond.org) or 804-358-7223.

## Upcoming Events

### **Rally for the Cure Golf Tournament**

Fawn Lake Country Club, Spotsylvania VA

Wednesday, June 2, 2010

### **Komen Richmond Grant Writing Workshop**

Tuesday, June 15, 2010

To register, contact Pem Hall at [pbhall@komenrichmond.org](mailto:pbhall@komenrichmond.org) or 804-358-7223

### **Rally for the Cure Tennis Tournament hosted by [P.I.N.K.K.](#)**

Midlothian Athletic Club

Friday, June 18, 2010

### **P.I.N.K.K. Night with the Flying Squirrels!**

The Diamond

Friday, July 16, 2010

Join [P.I.N.K.K.](#), Komen Richmond's young professionals group, for a night of fun watching the Richmond Flying Squirrels take on the Bowie Baysox. Tickets are \$6 with \$2 per ticket donated to Komen Richmond. You must purchase your ticket from a P.I.N.K.K. member for us to receive the donation! Contact Kelly Murphy at [kellym804@yahoo.com](mailto:kellym804@yahoo.com) for more information.

### **"Get Screened" An Evening with Dr. Ellen Shaw de Paredes**

Dumbarton Library

Thursday, July 29, 2010

Look for more details to come!

### **5th Annual Survivor Celebration**

The Jefferson Hotel

Friday, September 24, 2010

Breakfast: 8:00 - 9:30 am

Lunch: 12:00 - 1:30 pm

Join us for the 5th Annual Survivor Celebration to honor and encourage the brave women and men living with breast cancer!

This year's keynote speaker will be John W. Anderson, author of "STAND BY HER: A Breast Cancer Guide for Men", and Emmy-nominated director. His work includes Lifetime Television's "Stop Breast Cancer for Life".

Tickets are \$25 for Survivors and \$35 for Guests at breakfast and lunch. Each attendee will receive a copy of "STAND BY HER: A Breast Cancer Guide for Men".

**[Tickets on sale now!](#)**

## Happy Father's Day

We worry about their eating habits, lack of exercise, driving recklessly, and watching too much TV, but we usually don't worry that the men in our lives will be diagnosed with breast cancer. Yet the reality is it can indeed happen. In fact, 1 in every 1,000 men will be diagnosed with breast cancer in their lifetime. The strongest risk factor for male breast cancer is Klinefelter's syndrome, a condition related to high levels of estrogen. Chronic alcoholism, chronic liver disease, and obesity also increase the risk of male breast cancer. So, this Father's Day, show the

men in your life that you love them by educating them about breast health, encourage them to know their risk, know what is normal for them, and make healthy lifestyle choices.

[Click here to learn more about male breast cancer.](#)

### **Volunteer Spotlight: Jessica Braum and Tracey Leverty**

Jessica and Tracey have volunteered with Komen Richmond for the past two years, first shadowing the Race for the Cure co-chairs and then taking on the roles themselves for the 2010 Richmond Race for the Cure. They both have had friends or family members who have been affected by breast cancer and wanted to bring their professional expertise as event planners to the Race. Komen Richmond would like to thank Jessica and Tracey for the countless hours they gave to making the Race a tremendous success!

### **Grantee Spotlight: Central Virginia Health Services**

“Reducing Barriers and Increasing Access to Mammograms” provides screening and diagnostic mammograms, educational materials, and transportation as needed for uninsured, low income women at 14 clinics in central Virginia.

Komen Richmond is pleased to partner with Central Virginia Health Services in improving access to breast health care for rural residents and providing lifesaving breast cancer screening services for underserved women in 15 counties and 3 cities in central Virginia.