

Susan G. Komen RACE FOR THE CURE



In 1980, Susan Komen lost her three-year battle against breast cancer. In her memory, the The Susan G. Komen Breast Cancer Foundation (now Susan G. Komen for the Cure) was founded. Since its inception, Komen it has invested nearly \$1 billion in breast cancer research, education, and health services.

On February 10, 2007, Bush Hill Presbyterian Church member Linda Waitschies lost her gallant battle against breast cancer. In June of 2007, more than 50 "Friends of Linda," including many Bush Hill members, walked and ran to raise more than \$8,000 to help to find a cure for breast cancer during the annual Susan G. Komen National Race for the Cure in Washington, DC.

On June 7, we have the opportunity, once again, to support this very worthy cause and, in doing so, to honor Linda and so many other loved ones who have been touched by all types of cancer. For the second year, walkers, runners, and walkers/runners are training for the race on Saturday mornings. ***If you have not yet participated, please join us at 9:00 AM on Saturdays from May 4 through May 31 in front of the church.*** Please join "Friends of Linda," raise pledges, and walk/run with us on June 7. If unable to participate, please support a participant with a pledge. Further details will be provided on Sunday mornings.

How to register or donate online to the "Friends of Linda" Team for the Race for the Cure on June 7:

- Log on to www.nationalraceforthecure.org
- Go to **Registration** in the dark pink boxes across the top
- Click on **Click Here** to register for the 2008 Komen National Race for the Cure: this will lead you to a new screen with multiple options under **Join the Fun**:

1. Option #1: Register for the Race

- Use either the left-side column "Register Now" link
- Click on "I agree" once you've read the disclaimer

- Click on “Join a Team”
- Select a team by scrolling to FOL – Friends of Linda
- Click “Continue”
- Fill in the required information about yourself
- Select one registration fee option:
 - General & Survivor Registration—\$35.00
 - Sleep-in Registration if you can’t participate on the day of the race but would like the pink booties they send along with the T-shirt!—\$40.00
 - Komen Kids for the Cure—\$25.00
- Select a T-shirt size

Training for Bush Hill Participants:

- **Began Saturday, April 19, 9:00 AM – through end of May**
- There will be 3 groups: walkers, runners, and those who want to combine walking and running.
- Saturday morning group sessions will be about 1 hour, including warm up, walking and/or running the course in the Bush Hill neighborhood, and a light snack afterward.
- All ages are encouraged to participate—the training routes are level sidewalks or neighborhood streets, and the course of the race in Washington, DC is city streets near the Mall.
- Each participant will receive a booklet with reminder calendars, a copy of the training routes, information about registering for the June 7 race, and inspirational prayers and stories written by Bush Hill members and friends.