

EAT.



June 13

5th Annual

DANCE.



June 14

5th Annual

RUN.



June 15

15th Annual

On a mission to save lives and end breast cancer forever

Dine Out for the Cure[®] Thursday, June 13

Take action in the local fight against breast cancer just by dining out for breakfast, lunch and/or dinner. Dine Out at any participating restaurant and a portion of your final tab will be donated to help save lives and end breast cancer forever.

Visit www.komenstlouis.org for the list of participating restaurants, hours of service and locations categorized by neighborhood/city.

Eat and Tweet:
#KomenSTLDine

Caliente for the Cure[®] Friday, June 14

"Shake it" during this two-hour Zumba[®] Fitness party! Set to Latin and international rhythms with easy-to-follow steps, Zumba has grown to become the world's largest dance-fitness program.

Join the fun from 6-8 pm at Saint Louis University's Simon Recreation Center.

Registration fee is \$30 in advance and \$35 at the door. Register online through June 12 at www.komenstlouis.org or www.calienteforthecure.com

Race for the Cure[®] Saturday, June 15

Celebrate 15 Years of Hope, Inspiration and Impact at the 15th Annual Komen St. Louis Race for the Cure[®], locally presented by Wells Fargo Advisors.

The Komen St. Louis Race raises funds for the local fight against breast cancer, celebrates breast cancer survivors, and honors those who have lost their battle with the disease.

Register online through June 14 at noon at www.komenstlouis.org

Tweet the Race:
#KomenSTLRace

"Cancer reminds us that none of us is guaranteed a tomorrow..."

By Elizabeth Mannen, Wells Fargo Advisors



Elizabeth Mannen and Family

When people ask me about my life, and all the experiences that have come together to create my life, I would compare it to a dance that has kept me on my toes.

My "dance with cancer" started in 1991 and continues to the present day. I was diagnosed with ovarian cancer at the young age of 26. The cancer returned in 2000 and again in 2003. If that weren't enough to deal with, I learned in 2007 that I had breast cancer. The breast cancer returned this year.

There aren't words to describe the day, the moment, you get your diagnosis.

I remember being awash with a numbing disbelief that the doctor was reading someone else's test results. It takes time to sink in, and for me that happened a few bits at a time. Still, after the initial couple of days I was left with the most primitive feeling of all: fight or flight. I chose fight. And fight I continue to do.

I admit there were watershed moments for me. My first chemo treatment and losing my hair, but there were also many others that aren't so obvious to non-cancer survivors – things like seeing kids dressed up for prom and wondering if I would live to see my twins do the same.

Today, my 26-year-old twins, Kristopher and Katherine, are part of my support system that I am certain is saving my life. My support system has been key to my survival. My family, friends and co-workers have done everything from provide meals, to shuttle the twins around when they were younger. Cancer has taught me to be humble and to quickly learn to accept kindness and help from others when it is offered.

My biggest regret over the years is the fear, worry and downright inconvenience I've caused my husband Bill and our kids. I know it sounds ridiculous, but family doesn't get much better than the three of them, and at times I feel they just deserve someone without all the baggage.

My biggest surprise over the past 22 years is that cancer comes with so many gifts and insights. All the clichés and adages about the sky being bluer and the flowers smelling sweeter ring true for me.

Cancer reminds me that none of us is guaranteed a tomorrow, so what we do today matters. It doesn't have to be extraordinary but we need to live with intention and purpose.

Today, I feel more love, more joy, more compassion and have more capacity for life's good and bad because of what I'm going through with cancer. We are getting so close to a cure for breast cancer. And when that happens, the cure for other cancers won't be far behind.

Elizabeth Mannen is on the Team Wells Fargo Advisors steering committee for the 2013 Susan G. Komen St. Louis Race for the Cure. Her goal is to encourage Financial Advisors in local branches to register for the Race and to get their clients, friends and family to join them. For the sixth consecutive year, Wells Fargo Advisors is the local presenting sponsor of the Komen St. Louis Race for the Cure.

**In the United States, a woman has a 1 in 8 lifetime risk
of developing breast cancer.**

THANK YOU, SPONSORS!

Support from our corporate and community sponsors helps ensure more money goes directly to the fight against breast cancer.



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Since 1999, Komen St. Louis has awarded more than \$28 million in grants to local organizations that deliver life-saving breast health services to women, men and families most at risk and most in need.

Making a Healthy Lifestyle Choice: Racing With Komen St. Louis on June 15



Annette Falls and Gretchen Williams with
No Boundaries Coach Robin

By Gretchen Williams

It was an email I wasn't expecting: "Do you want to be on our No Boundaries team to train for the upcoming 2013 Komen Race?" My first reaction was laughter. Once I thought it over, I decided I would be up to the challenge! So I enlisted one of my girlfriends to join me. A few years ago, we'd discussed training to run the Race one day; this was our opportunity.

Being a part of the No Boundaries training over the last 10 weeks has been fantastic. It has sparked a much needed drive for me to get moving and continue to work toward my personal fitness goals. From the beginning, the coaches were helpful, providing encouragement and support along the way. I am proud to report that, on June 15, I will be part of the timed run/walk group at the 15th Annual Komen St. Louis Race for the Cure!

I look forward to joining the many survivors and supporters on Race day as we continue to come together as we do year after year, as one, to eradicate breast cancer. My motivation will be my fellow survivors; we are strong!

Locally presented by
WELL'S FARGO ADVISORS

June 15, 2013
15th Annual Komen St. Louis Race
www.komenstlouis.org

BREAST SELF-AWARENESS

Susan G. Komen® recommends these steps:

1. Know your risk.
2. Get screened.
3. Know what is normal for you.
4. Make healthy lifestyle choices.

By Annette Falls

I had just decided to start eating healthier when my friend, Gretchen, asked if I would be interested in participating in FLEET FEET Sports' No Boundaries 10-week 5K training program. She explained the training was to help condition our bodies for the 15th Annual Komen St Louis Race for the Cure.

Since I have participated in the Race every year as a walker, I welcomed the challenge to help me be better prepared. My initial thought was, "what have I gotten myself into? I hope I can make it through this program!"

And NOW, 10 weeks later, I am looking forward to walking in the Komen Race this year for the first time as a timed walker.

This program has motivated me to keep walking and running as a part of my routine for a healthier lifestyle.

I admire Gretchen, an 11-year breast cancer survivor, for being my motivator. She is my "shero"!

The most proven and significant risk factors for getting breast cancer
are being female and getting older.

WHERE THE MONEY GOES

Your dollars fight breast cancer right here in our community

In 2013, Komen St. Louis has granted \$2.2 million to fund 13 local breast health and breast cancer programs. These grants support breast cancer screening, education and patient navigation services not otherwise available to the medically underserved populations of our 17-county Missouri/Illinois service area.

2013-2014 Komen St. Louis Community Partners

Barnes-Jewish Hospital

Breast Health Care for
At-Risk Communities
314.454.8466
siteman.wustl.edu
*Screening mammograms,
diagnostic navigation support,
breast health education*

Betty Jean Kerr

People's Health Centers
People's Sister Connection
314.367.7848 x1277
phcenters.org
*Screening mammograms,
patient navigation, breast health
education*

Christian Hospital

Protecting and Healing Women
314.953.6766
christianhospital.org
*Screening mammograms,
patient navigation, breast health
education*

East Missouri Action Agency

Rural Missouri Outreach Program
573.431.5191 x1122
eastmoaa.org
*Screening mammograms,
breast health education*

Family Care Health Centers

Breast Health Screening
Access Project
314.531.5444 x3005
fchcstl.org
*Screening mammograms,
patient navigation, breast health
education*

Mercy Health Foundation of St. Louis

Breast Cancer Screening and
Education Program
314.251.6569
mercy.net/stlouismo
*Screening and diagnostic
mammograms, patient navigation,
breast health education*

Mercy Hospital Jefferson

Breast Health Awareness &
Screening Program for Women in
Rural Southeastern Missouri
636.933.8073
mercy.net
*Screening mammograms,
patient navigation, breast health
education*

Missouri Baptist Medical Center

The MBMC Breast HealthCare
Center Reaching the Underserved
314.996.7585
breasthealthcarecenter.org
*Screening and diagnostic
mammograms, patient navigation,
breast health education*

Saint Louis University Cancer Center

Navigating for the Community
314.268.7038
slu.edu/cancer-center.xml
*Screening and diagnostic
mammograms, patient navigation,
breast health education*

Southern Illinois Healthcare Foundation

START NOW Breast Cancer
Awareness Services
618.332.6130
touchette.org/start-now.htm
*Screening and diagnostic
mammograms, patient navigation,
breast health education*

SSM Health Care

SSM Breast Care: Empowering
and Engaging Women
314.768.8696
ssmhealth.com/breastcare
*Screening and diagnostic
mammograms,
breast health education*

St. Clair County Health Department

Wellness for Women
618.233.7703 x4400
health.co.st-clair.il.us
*Screening mammograms,
breast health education*

Washington University in St. Louis

The Breast Cancer Patient
Navigator Project
314.362.3195
siteman.wustl.edu
*Breast cancer patient navigation,
breast health education*

For details on these Komen St. Louis-funded programs,
visit www.komenstlouis.org/grants_recipients

75% of the net funds raised by Komen St. Louis stays in our local community.

25% funds groundbreaking breast cancer research in St. Louis and beyond.

Dine Out for the Cure® on Thursday, June 13

At Companion Bakery, “C” is for Community

Since pulling the first baguette from its stone oven in 1993, Companion Bakery has formed a reputation for doing things right. And St. Louisans know it, making Companion a popular gathering place for customers to pop in or linger, to sit quietly or share in conversations and a meal.

With a spirit of community in mind, there was no hesitation from Siena Cargas, Companion Bakery’s Director of Catering and Special Events, to sign up both area locations for Komen St. Louis’ 5th Annual Dine Out for the Cure®.

“Breast cancer has hit too close to home for almost everyone we know,” says Siena. “This is a small way we can all be active in the cause personally and as a team. It is so simple to participate, and the donation can be significant without hurting the pocketbook.”

Companion Bakery has participated in Dine Out for the Cure since the event began in 2009. The employees and owners are passionate about supporting local nonprofits like Komen St. Louis.



"Pickled" Pink

Tim Metz and Sean Olson's Pickle's Deli restaurants have participated in Dine Out since the event's inception.

“There are a handful of organizations we support,” says Tim, “but first and foremost is Komen St. Louis.”

Like so many others in the restaurant business, Tim and Sean have a personal reason to support Komen St. Louis and help end breast cancer forever. Tim's mother, Mary Ann, and sister, Diane, are both breast cancer survivors, which makes their passion to participate in Dine Out each year that much stronger.

As restaurant owners in St. Louis, Tim and Sean are proud to use their resources and expertise to help raise awareness and funds to save lives right here in their own community – like those of Mary Ann and Diane. On June 13, they'll join forces as part of a movement that is transforming the way breast cancer is talked about and treated in St. Louis and around the world.

Thanks to Companion Bakery, Pickle's Deli and other participating restaurants across the St. Louis metro area, Komen St. Louis' Dine Out for the Cure has raised more than \$365,000 for the local fight against breast cancer. Dine Out allows members of our community to take action against the disease just by dining out for breakfast, lunch and/or dinner on June 13. Restaurants participating in Dine Out agree to donate 20%, 35% or 50% of the day's proceeds to Komen St. Louis in support of local breast health/breast cancer programs and breast cancer research.

There are more than 2.9 million breast cancer survivors in the United States today.

Come Dance With Me at the 5th Annual Caliente for the Cure® on Friday, June 14

By Tara Boland, Komen St. Louis Supporter

As a 37-year-old mother of four young children who is fighting metastatic triple-negative breast cancer, I am STILL “shaking it” in my Zumba® classes. In fact, it occurred to me recently that Zumba was the one constant that has been nothing but positive in my battle since being diagnosed in May 2012.

I have attended Caliente for the Cure, Komen St. Louis’ Zumba Fitness event, two times, both as a supporter and then a survivor. Last year’s Caliente for the Cure gave me the boost I needed to begin gearing up for chemo...all the while pregnant. The encouragement I received from this event was empowering! A gym packed full of fun!

Last year I continued to Zumba throughout my pregnancy, chemo and radiation. In fact, I went to Zumba the day before the delivery of my miracle baby Sam!

Why is Zumba the PERFECT exercise? Well, it is ideal for all ages and all physical fitness levels. You MUST have a desire to party, feel happy and be physically fit at the same time.

Even on my darkest days, where either emotional or physical pains are very present, I still force myself to Zumba, knowing that my spirits will be lifted. It is my happy pill. It is the time I forget about cancer and feel not only the music, but also the love of the people around me.

Please come to Caliente for the Cure on June 14 in honor of those women who have lost their battle with breast cancer, for those who are currently battling, and as a thank you for your own health. Come dance with me! I will be the one with the silly grin full of dimples, shaking it for the cure!

I believe in the power of positivity and rely on the generosity of others to continue to fund breast cancer research. I have HOPE that I will be here to raise my four children. I have FAITH that there will be a cure. I have LOVE for everyone who dances with me, accepts me as is. I have danced bald, fat and in Depends undergarments. At no point did I not FEEL THE MUSIC. Come join me as we raise money and celebrate life!

Remember, Komen St. Louis puts the money raised at Caliente and other events to work here in St. Louis AND helps fund breast cancer research. Komen-funded research grants have helped create life-saving meds like Tamoxifen and Herceptin. Now we need a targeted chemo drug for triple-negative breast cancer, which often affects young women. Help me help Komen fund the research!



Tara Boland (center with green "Caliente" shirt) and some of her Zumba-dancing friends

Susan G. Komen® recommends:

get a mammogram every year starting at age 40 if you are at average risk

Why I Volunteer for Komen St. Louis

By Kris Fleming, Komen St. Louis Volunteer



Kris Fleming
Komen St. Louis Volunteer

I began my involvement with Susan G. Komen St. Louis through my sorority, Zeta Tau Alpha. ZTA has provided support for Komen since 1992, and is a sponsor of the Komen Race for the Cure® National Series Breast Cancer Survivor Recognition Program. Local ZTA alumnae and collegiate members have supported the Komen St. Louis Race from day one, and I have volunteered at every Race.

I have been a volunteer, committee chair and Race chair, and at every level, I've heard stories from so many people about how much Komen means to them.

When a woman is in tears because she is asking for a pink T-shirt for the first time, and you tell her how proud she must be to be a survivor... you know you are doing something good.

When working alongside another volunteer who mentions she's a breast cancer survivor and has never told anyone, but seeing the sea of pink at the Race makes her realize that she does have a support system... you know you are doing something good.

When a woman is speechless as she is walking in the Race but wants someone to know how honored she is that thousands of participants are there to fight the disease she is also fighting... you know you are doing something good.

When your own family member is diagnosed with breast cancer at an early stage, thanks to a mammogram funded by money you helped raise... you know you are doing something good.

Even when a friend is battling metastatic breast cancer and is able to receive new treatments because of research Komen has funded... you know you are doing something good.

After you've been a volunteer for 14 years, your mom calls you when you're on vacation to tell you she had her annual mammogram and they have found something, and you're able to put her in touch with someone who helps her make the doctors' appointments and supports her as she makes treatment decisions... you know you are doing something good.

For all these reasons and so many more, I continue to volunteer with Komen St. Louis and to support all this organization does to make the lives of women diagnosed with breast cancer better.

I may have started off volunteering for a cause that I believe in, but until my mom was diagnosed with breast cancer it had never been this personal.

I volunteer because I have seen firsthand how the money raised by Komen supports so many women and families battling this disease. Komen is more than funding mammograms, education and research. Komen is also about giving women hope...hope that they can fight this disease and know they are not alone.



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Volunteer Information: affiliatevolunteers@komenstlouis.org
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Race Registration: registration@komenstlouis.org
Race Sponsorship: sponsorship@komenstlouis.org
Race Teams: teams@komenstlouis.org
Race Fundraising Program: pledge@komenstlouis.org
Race "In the Pink": inthepink@komenstlouis.org
Race Volunteers: volunteers@komenstlouis.org
Race Website: website@komenstlouis.org

OUR PROMISE

To save lives and end breast cancer forever by empowering people, ensuring quality care for all and energizing science to find the cures

WHERE THE MONEY GOES

Seventy-five percent of net funds raised by Komen St. Louis stays in the St. Louis area to fund breast health screening, education and patient navigation programs. The remaining 25 percent goes toward groundbreaking global breast cancer research, including research being done in St. Louis.

LOCAL DOLLARS MAKING A LOCAL IMPACT

We are fortunate and proud that more than 100 percent of the funds raised by Komen St. Louis since 1999 has come back to St. Louis. Every dollar is making a difference every day in our community.

THE POWER OF ONE

Call us today at 314.569.3900 or email info@komenstlouis.org to learn how you can make an impact in the fight against breast cancer.

CONNECT WITH KOMEN ST. LOUIS

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Facebook: facebook.com/KomenStLouis
Instagram: [@KomenSTL](https://www.instagram.com/komenstlouis)
LinkedIn: Susan G. Komen St. Louis
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