

KOMEN CONNECTIONS

Official Newsletter of the St. Louis Affiliate of Susan G. Komen for the Cure®



Spring Edition- 2010

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Our Promise

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

Where the Money Goes

Up to 75% of funds raised by the Komen St. Louis Affiliate stays in St. Louis to fund education, screening, treatment and support programs. A minimum of 25% goes to the national Susan G. Komen for the Cure® Grants Program to fund research.

The Power of One

Call us today (314) 569-3900 or email info@komenstlouis.org to see how you can make a difference in the fight against breast cancer.

St. Louis Affiliate of Susan G. Komen for the Cure® Awards More Than \$2.8 Million, a New Record Amount, in Local Grants



Affiliate President Renee Ribble Hall (left) handing a check to a 2010-11 Komen St. Louis Affiliate Grantee at Power of a Promise.

The St. Louis Affiliate of Susan G. Komen for the Cure awarded more than \$2.8 million to fund 29 innovative breast cancer screening, treatment, education and research programs in its 17-county service area. Additionally, more than \$900,000 raised locally will go to the Susan G. Komen for the Cure® Grants Program to fund research.

In total, the Komen St. Louis Affiliate will give more that \$3.5 million this year to the fight to end breast cancer forever and the more than \$2.8 million that will stay in the St. Louis area is a record amount of money the local Affiliate will grant.

The Komen St. Louis Affiliate's annual community grants program awards funds to breast cancer-specific projects that provide innovative, non-duplicate breast health and breast cancer services directly to those determined to have the greatest impact in serving underserved men and women in our 17-county service area in Eastern Missouri and Southwestern Illinois. *See page two for a full list of 2010-11 Komen St. Louis Affiliate Grantees.

Wells Fargo Advisors Taking Extra Steps To Invest In 'The Cure'



At Wells Fargo Advisors, we believe that our most fundamental job is to provide our clients with peace of mind about their futures. We are also committed to building strong and vibrant communities, improving the quality of life, and making a positive difference in the communities where our team members live and serve. Our professional aspiration and our commitment to our community come together in our

support for the Susan G. Komen Race for the Cure®. For the third consecutive year, Wells Fargo Advisors is honored to serve as the presenting sponsor of the Susan G. Komen St. Louis Race for the Cure®.

The annual event is one of our most treasured legacies, not only because the goal is so vital, but because our involvement in the Race for the Cure originated among team members of our firm including breast cancer survivors who were touched directly by the disease this Race seeks to cure.

What started with a handful of courageous women has become an inspiring tradition that each year draws wide support and participation among women and men across our entire firm. And, this year, we are taking extra steps to go outside our firm walls to inspire others to join us in the largest Komen Race in America. Indeed, family members, friends and even clients have eagerly raised their hands to lace up their walking shoes in an all-out effort to raise awareness and dollars for the cures.

As the second largest full-service brokerage firm in America – and an important part of one of America's most historic and admired companies – we are proud to support and sponsor this landmark event.

2010-2011 Grantees

The Breakfast Club's Bra and Prosthesis Program

The Breakfast Club, Inc.

Breast Cancer Screening and Education Program

St. John's Mercy Medical Center

Breast Health Nurse Navigator

St. John's-Washington

Bridging the Gap Emergency Breast Cancer Fund

Saint Louis University, Department of Internal Medicine

A Comprehensive Breast Health Awareness & Screening Program for Women in Rural Communities

Jefferson Regional Medical Center

The Daylight Project of the Barnes-Jewish Hospital Refugee Health Service

Barnes-Jewish Hospital

Early Detection of Breast Cancer in African American Women

Community Health-In-Partnership Services (CHIPS)

East St. Louis Breast Cancer Screening & Treatment

Southern Illinois Healthcare Foundation

Educating Women About Hereditary Risk for Developing Breast Cancer

Saint Louis University, Department of Internal Medicine

Empower and Engage

SSM St. Mary's Health Center Foundation

FCHC Breast Health Screening Access Project

Family Care Health Centers

Gateway to Hope

Gateway to Hope

Iniciativa de Salud para Mujeres (Women's Health Initiative)

Puentes de Esperanza

Lymphedema Assistance Program

St. Louis Peregrine Society, Inc.

The MBMC Breast HealthCare Center Reaching the Underserved

Missouri Baptist Medical Center

The Navigator Project

Washington University School of Medicine

Navigating the Safety Net: Paving Smooth Pathways to Care for Underserved People

Barnes-Jewish Hospital

Nutritional Support for Low Income Breast Cancer Patients

Food Outreach, Inc.

Outreach, Education and Screening in Madison County, Illinois

Madison County Health Department

People's Sister Connection

Betty Jean Kerr People's Health Centers

Reaching In: A Comprehensive Program for Breast Screening

Saint Louis University

Rural Missouri Outreach Project

East Missouri Action Agency

Solutions for Women: Breast Health Education and Outreach for Underserved Women

Christian Hospital Northeast-Northwest

SSM St. Joseph Breast Health Outreach Program

SSM St. Joseph Foundation

STEP-UP Grace Hill

Grace Hill Neighborhood Health Centers, Inc.

Wellness for Women

St. Clair County Health Department

Women's Information and Screening Endeavor (WISE) Program

SSM St. Clare Health Foundation

2010 CRAFT Grant Awards (funding Clinical Trials Research)

Breast Cancer Resource to Study Prevention in African American Women (SPAA)

Washington University School of Medicine

D. Craig Allred, MD, Professor of Pathology & Immunity

A Phase I/II Trial of Letrozole in Combination with MK2206 in Clinical Stage II or III Estrogen Receptor Positive and HER2 Negative Breast Cancer

Washington University School of Medicine

Cynthia X. Ma, MD, PhD, Assistant Professor of Medicine



For the fourth year in a row, Susan G. Komen for the Cure receives Distinguished 4-Star rating from Charity Navigator, America's largest independent evaluator of charities.



www.passionatelypink.org

Pick your pink. Play your part. End breast cancer forever. Passionately Pink for the Cure® is a simple awareness and fundraising program that you can do anytime of the year!

How It Works

- 1) **SET YOUR GOAL** Decide how much money you want to raise through your event to fight breast cancer.
- 2) **CHOOSE YOUR DAY** Choose any day of the year that works for you and your group.
- 3) **BUILD YOUR TEAM** Recruit friends, co-workers and others into your group by phone, e-mail or in person. If you're hosting an event, use our posters and ads to help build your team.
- 4) **PICK YOUR PINK** From subtle pink accessories to head-to-toe pink costumes, choose what works best for your team.
- 5) **SEND YOUR DONATIONS** When your event is done, send back any donations you have received and encourage your team members to send in theirs. Be sure online donors use the team ID number when giving their gift.

Join us at Research Advocacy Committee Meetings!

The Research Advocacy Committee, dedicated to mentoring and learning the science of breast cancer, holds its meetings on the fourth Thursday of each month at 7 p.m. at the Komen St. Louis Affiliate.

JUNE 2010

On June 24, as part of our "Ask the Expert" series, we are pleased to have Alaina Boyer, Ph.D. a breast cancer researcher from Washington University, who will discuss Herceptin resistance.

Our summer meetings will be held July 22 and August 26. In the fall, we offer a free two-day Research Advocacy 101 Workshop. All are welcome to attend meetings. For more information, please call the Affiliate at 314-569-3900.

Early detection of breast cancer, through monthly breast self-exam and particularly yearly mammography after the age of 40, offers the best chance of survival.

Power of a Promise®

An Afternoon of Celebration, Inspiration & Education



Linda Son

On Sunday, April 25, the St. Louis Affiliate of Susan G. Komen for the Cure® hosted its inaugural Power of a Promise® event presented by Peabody Energy at the Missouri Athletic Club in downtown St. Louis.

The event, attended by more than 400 breast cancer survivors, key Komen St. Louis volunteers and supporters, was an afternoon dessert reception celebrating survivorship and recognizing the 2010-11 Komen St. Louis Grantees.

The program kicked off with Heidi Glaus of NewsChannel 5 welcoming the diverse group and she was followed by an energizing, inspiring breast cancer survivor, Linda Son. Linda spoke about her experiences as a survivor while representing Peabody Energy.

After her moving remarks, the "Dreams to Design" Fashion Show thrilled the crowd with Art to Wear dresses inspired by stories of breast cancer survivors, created by designers from Stephens College in Columbia, Mo. DIYStyle® presented the fashion show.

The program concluded with the awarding of more than \$2.8 million, a new record, in local grants. A representative from all 29 of our grantees was introduced and accepted a check to continue the local fight to end breast cancer forever - truly a sign of Komen funds in action in our community.

The afternoon wrapped up with the traditional candlelight ceremony where breast cancer survivors were recognized by years of strength in fighting the disease.



Playing for the name on the front of the jersey, not the back...

On Sunday, May 16, the Saint Louis Athletica took the field wearing a special uniform to commemorate their involvement with the Susan G. Komen St. Louis Race for the Cure®. This year the Athletica is serving as the Honorary Race Co-Chairs for the June 12 event.

There is an old adage in sports that says "you play for the name on the front of the jersey, not the back," and on May 16th this statement could not have been truer.

Athletica players took the field wearing the name of an individual who has battled the disease. Players wore the name of a specific person on the front of their jersey in the spot normally reserved for a team sponsor. This allowed the team to honor 22 different individuals who have been diagnosed with breast cancer.



Susan G. Komen for the Cure recommends that you get a mammogram every year, beginning at age 40. Have you had your mammogram this year?

Here Comes the Komen St. Louis Race for the Cure Bus!

Check out the 2010 Komen St. Louis Race for the Cure bus wrap. Driving around town between now and the June 12th Race, you will see this awesome Metro bus bringing awareness to our cause!



Take Me Out to the Ballgame...with the Cardinal Wives!

Saturday, May 22nd was breast cancer awareness day at Busch Stadium. Breast cancer survivors, Komen volunteers and Cardinals wives' sold Cardinals' memorabilia and raffle tickets for a chance to win game-worn jerseys.

Judy Papien, a breast cancer survivor, threw out the first pitch at the game. More than \$11,000 was raised at the event and will go toward Komen St. Louis Affiliate's local fight to end breast cancer forever. Go Cards!



FIND US ON FACEBOOK AND YOUTUBE



Become a fan of the Komen St. Louis Affiliate on Facebook.

Join today at www.komenstlouis.org/facebook

Also subscribe to our channel on YouTube!

www.youtube.com/KomenStLouis1

SHARE YOUR STORY OF SURVIVORSHIP



Your Story Is Our Story.

The Komen St. Louis Affiliate is eager to hear from and share stories of survivors.

Each month, we will share personal breast cancer survivor stories on our Web site. These stories can be an important part of the coping process and provide support to many fellow survivors. We admire your grace, humor and courage in sharing your experience.

Each one of you inspires and encourages us to continue the fight to end breast cancer.

Have a story to share? Go to www.komenstlouis.org to get started.

AFFILIATE CONTACTS

Board of Directors

Daniel Bindler
Mikki Brewster
Kenita Collier
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President
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Paul Lovell
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Erica Stelling
Director of Public Relations and
Marketing
Allison Tonsing
Director of Fund Development
Elaine Randant
Communications Assistant
Julie Oberschmidt
Affiliate Intern

Affiliate Contacts

General Information
info@komenstlouis.org
Volunteer Information
kcmillan@komenstlouis.org
Research Advocacy
researchadvocacy@komenstlouis.org

Race Contacts

Co-Chairs of Race
cochair@komenstlouis.org
Sponsorship
sponsorship@komenstlouis.org
Registration
registration@komenstlouis.org
Teams
teams@komenstlouis.org
Volunteers
volunteers@komenstlouis.org
Friends for the Cure Pledge Program
pledge@komenstlouis.org
Web site
website@komenstlouis.org

FROM THE DESK OF THE KOMEN ST. LOUIS AFFILIATE PRESIDENT



Renee Ribble Hall (right) and a Komen advocate at Power of a Promise.

Dear Komen St. Louis Affiliate Friends -

We are at the height of our "busy season" with two major events, the 12th Annual Susan G. Komen St. Louis Race for the Cure and Dine Out for the Cure® just around the corner - and we are loving it!

Recently, the organization combined two significant events, our annual survivor celebration and grants award event. This first-year event was called Power of a Promise – An Afternoon of Celebration, Inspiration and Education. It truly lived up to its title as hundreds of people gathered to celebrate each other and the work the Affiliate is doing in our community.

Among numerous breast cancer survivors, grantees and friends of Komen St. Louis, we were incredibly proud to announce the granting out of more than \$3.5 million, a record amount for our Affiliate. More than \$2.8 million will stay here in the St. Louis community to fund 29 programs; the remaining proceeds will go to national Susan G. Komen for the Cure® Grant Program to fund cutting edge research. We could not make this impact on our community each year without the support

of all of you.

While this inaugural event is behind us, we have a number of key volunteers and staff knee deep in the planning and preparing for our annual Komen St. Louis Race for the Cure. They've been working for months to plan our signature fundraiser. Jen Kingston, one of the volunteer Race co-chairs, recently sent out the comments below to her committee. I wanted to share them with you:

As we prepare for the final push, I thought a lot about what it takes to make it through these next 30 days. And really, not just to make it through them, but to enjoy them because soon our journey to the 2010 Race will be over and I hope that we all look back on it with a sense of joy and accomplishment. These famous leaders described our little group a lot better than I ever could:

TEAMWORK:

Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has. ~ Margaret Mead

Coming together is a beginning. Keeping together is progress. Working together is success. ~ Henry Ford

PERSEVERANCE:

With ordinary talent and extraordinary perseverance, all things are attainable. ~

Thomas Foxwell Buxton

One may go a long way after one is tired. ~ French Proverb

SUCCESS:

One is not born into the world to do everything, but to do something. ~ Henry David Thoreau

We are Saving Lives! ~ Jen Kingston

The foundation of Komen St. Louis was built on volunteers and committed supporters like you. Thank you for your continued support, and we look forward to seeing you on Saturday, June 12th.

Warmly,

Renee Ribble Hall

PEOPLE OF IMPACT

The St. Louis Affiliate of Susan G. Komen for the Cure® would be lost without its dedicated volunteers. In each edition of our newsletter, Komen St. Louis will spotlight a person(s) of impact who contributes so much to the organization.

The ZTA Bonds of Sisterhood Reaches Beyond, Makes Impact

For some young women, the sorority life is a home away from home; a support network. A sorority unites women through friendship, leadership and service. For the women of Zeta Tau Alpha (ZTA), the bonds of sisterhood extend past the walls of the sorority house and the years spent in college. Since 1991, ZTA chapters across the country have joined Susan G. Komen for the Cure® in the fight to end breast cancer forever.

In St. Louis, the St. Louis Alumnae Chapter of ZTA has been hard at work to raise funds and bring awareness to this cause. Since the most significant factors for breast cancer are being female and getting older, the ZTA sisterhood does not end at graduation and is not limited to those who wear certain Greek letters. Kris Fleming, a member of the St. Louis Alumnae Chapter, says that supporting Komen for the Cure in the fight to end breast cancer continues to take on a more important meaning every day. "At first I knew it was a great organization to support, but I wasn't affected personally," Fleming said. "You may not know someone with breast cancer at first, but over the years, you will."

Since college, Fleming and about 70 other ZTA alumnae in St. Louis have continued their involvement with Komen by volunteering at different events including the 'Think Pink' program with the St. Louis Rams. All money raised at this year's Rams' game benefited the St. Louis Affiliate of Susan G. Komen for the Cure®. The St.

Louis Alumnae Chapter also organizes several fundraising events each year.

A key part of ZTA's involvement with Komen Race for the Cure is its Breast Cancer Survivor Recognition Program. ZTA provides a complimentary pink cap and t-shirt for all survivors registered for the Race, as well as volunteers at the Survivor Pavilion. They have been part of the St. Louis Komen Race since the beginning in 1999. Four members of the ZTA St. Louis Alumnae Chapter serve on the Race steering committee.

All their hard work has not gone unnoticed. This year at the Missouri-Kansas Zeta Day, the St. Louis ZTA Alumnae Chapter brought home a handful of awards for their philanthropic work, including Major Donor, Outstanding Alumnae Program and the highest award, District Silver for their fundraising efforts.

Because of their involvement with Komen in college, the women of ZTA have championed the cause and are spreading awareness. Through their efforts, lives are being saved, each and every day. If you are a ZTA and want to get re-connected visit www.stlouiszta.org.



Pink Tie Guy Tom Miller Dedicated to Raising Awareness



Fifteen years ago Tom Miller left his small hometown of Wayne, Nebraska, in search of a city that could provide him with more professional and personal opportunities. His quest for a career in public relations brought him to St. Louis, where he "had a love affair with the area." Not only did Miller find the career opportunities that brought him to St. Louis, he also found a cause he was passionate

about.

As a young public relations professional, Tom wanted to do more and volunteer in the St. Louis community, when a friend suggested he get involved with the St. Louis Affiliate of Susan G. Komen for the Cure®. Tom knew by working with the Komen St. Louis Affiliate, he would be making a real impact. "Breast cancer affects everyone. It's friends, family, co-workers," Tom said, "everyone knows someone."

In 2002, Tom joined the Affiliate as part of its public relations committee. As part of the committee, he was able to provide the Affiliate with his expertise in writing, media relations and event coordination. Now, eight years later, Tom works as a Web Developer for SSM Healthcare and continues his involvement with the Affiliate.

While Tom's expertise still plays a major role in the success of the organization and its signature fundraiser, the Susan G. Komen St. Louis Race for the Cure®, he has recently taken on an even larger role. This year, Tom was chosen as a member of the 2010 inaugural class of Pink Tie Guys.

Pink Tie Guys, a new program of the Affiliate, includes eight selected men of leadership in the St. Louis community dedicated to raising awareness of breast cancer. These eight men represent the one in eight women who will be diagnosed with breast cancer in their lifetimes. As a Pink Tie Guy, Tom sports a pink, Komen-inspired necktie once a month. "The tie definitely spurs a conversation when I'm out and about," he said, "you meet with a lot of people each day, and it gives you a chance to talk about the organization and the cause."

Tom said that his role as a Pink Tie Guy and his involvement in the Komen St. Louis Race for the Cure is a "soft message" to his friends that breast cancer can affect them in some way. "More of my friends are participating in the Race," he said. Tom's work with the committee and Pink Tie Guys has kept him busy. "It's a lot of work, but the pay off is pretty incredible," he said. It is because of people, such as Tom, that the impact of Komen St. Louis on our community is felt by so many!

When used appropriately, chemotherapy can reduce the number of cancer cells that spread to other parts of the body, reducing the likelihood that cancer will return and potentially prolonging life.

Upcoming Events

Yurbuds™

Join the Yurbuds Flashmob team on Race day at 15th and Pine to learn a fun dance and participate in an attempt at the Guinness Book of World Record's "Largest Flash Mob in History." The dance will integrate yurbuds earphones and challenge wearers to shake, shake, shake! Participants are invited to learn the dance before Race day and get the whole dance experience by visiting yurbuds4life.org. Yurbuds are innovative new earbuds, brilliantly designed to fit the shape of the human ear. They are ultra-soft, comfortable, guaranteed not to fall out, and clinically proven to provide deeper, richer sound quality. With each purchase of yurbuds, \$10 goes directly to the St. Louis Affiliate of Susan G. Komen for the Cure®.

Zumba for the Cure

June 11, 2010

The 3rd Annual Zumba for the Cure will be held 6-8 p.m. on June 11th at Grant Gymnasium on Webster University's campus. This 2 hour zumbathon will incorporate latin dances such as salsa, cha cha, rumba along with high intensity fitness moves for an overall amazing cardio workout. Cost is \$25 in advance or \$30 at the door. For more information or to register, please visit www.zumbafortheCure.com. 100% of the net proceeds will be donated to the St. Louis Affiliate.

Miche Bag of St. Louis Metro LLC

May 1-June 30, 2010

Miche Bag of St Louis Metro LLC is donating \$5.00 for every Miche Bag Hope Shell purchased during May & June 2010 to benefit the St. Louis Affiliate. These designer handbags with the interchangeable covers include quotes from cancer survivors and the signature pink ribbon. How can you buy Miche Bag Hope shells? Have a party for your team with a local Miche Bag Representative or visit a St. Louis Metro retail outlet. More information is available at <http://peopleinbusiness.ning.com/profile/JoyceCannon> or call Joyce at 618-567-5305.

Auto Plaza Ford

May 12-June 27, 2010

Auto Plaza Ford, located at 7501 Manchester rd., is proud to support the St. Louis Affiliate. For every customer purchasing a car, who mentions the ad running on KHITS 96.3FM, \$200 will be donated to the Affiliate. KHITS will also be hosting an online auction with 100% of the net proceeds going to the Affiliate.

Ashley Furniture Home Store

June 7-14, 2010

The week of June 7, 2010, Ashley Furniture Home Store will give a 5% discount off entire furniture purchase to customers who make a donation to the St. Louis Affiliate of Susan G. Komen for the Cure. 100% of the donations will be given to the Affiliate. The four participating locations include: South County, Kirkwood, O'Fallon (MO) and Shiloh (IL).

Dine Out for the Cure®

Thursday, June 10, 2010



Area residents have the opportunity to take an active role in the local fight against breast cancer simply by dining out on Thursday, June 10th, when the St. Louis Affiliate of Susan G. Komen for the Cure® hosts its second annual Dine Out for the Cure.

The event will take place two days before the 12th Annual Susan G. Komen St. Louis Race for the Cure®. More than 125 St. Louis area restaurants that

are participating will donate a portion of the day's proceeds to the Komen St. Louis Affiliate and the local fight to end breast cancer forever. More than 60,000 Race participants will be asked to eat before they run.

A complete list of participating restaurants is available at komenstlouis.org.



New Balance Raises Funds for St. Louis with Pin-Up Program

New Balance conducted a pin up program in its local St. Louis retail stores last fall and it resulted in extra monies being donated to the Komen St. Louis Affiliate. Three area New Balance stores (Creve Coeur, Lake St. Louis and Clayton) participated in the program.

The Creve Coeur store was honored as volume winner in the program, but a huge thank you goes out to the hard work and dedication of the employees for making the program successful and raising money in the local fight against breast cancer.



"Pink Night" at Wentzville School District Raises Funds for Komen St. Louis Affiliate

The Wentzville School District held their first annual "Pink Night" on January 16th, 2010. The district's Student Council organizations from Holt and Timberland hosted a fundraising event for Passionately Pink at the basketball teams' rivalry game. Their slogan was "Two armies uniting to fight one cause."

The schools sold shirts, held raffles and accepted donations. The night's festivities included ceremonial tip offs by breast cancer survivors, pink basketballs, the players wearing pink socks and the Wentzville Firefighters presenting the colors in their pink suits. The event was a huge success, with the district raising \$6,540 for the Komen foundation. The student councils presented a check to Dawna Currigan at the district's monthly board meeting on April 15th.



**12th Annual Susan G. Komen St. Louis
Race for the Cure®
Saturday, June 12, 2010
Downtown St. Louis**

Locally presented by



2010 Honorary Co-Chairs



New for 2010...Helping Our Survivors Cross the Finish Line! Pedicab Services! For those survivors who are unable to walk the full Race route, we have a NEW way for you to cross the finish line this year. St. Louis 3Wheel Taxi is donating their Pedicab services to allow physically challenged breast cancer survivors to participate in the Komen St. Louis Race for the Cure. Spaces are limited, so check out http://www.komenstlouis.org/site/PageServer?pagename=race_Survivors for more information on this new program.

SCHEDULE OF EVENTS

- 6:30 a.m. Registration Opens
- 6:30 a.m. Survivor Pavilion Opens
- 6:30 a.m. Team Photos Begin
- 7:25 a.m. Survivor Procession
- 7:55 a.m. Aerobic Warm Up
- 8:30 a.m. Wheelchairs Start
- 8:35 a.m. 5K Timed Runners Start
- 8:40 a.m. 5K Untimed Runners Start
- 9:00 a.m. 5K Walkers Start
- 9:15 a.m. 1-Mile Fun Walkers Start
- 9:45 a.m. Awards Ceremony
(on the Main Stage)

Visit the Race Day Information Page at komenstlouis.org

Be sure to come down to the Race site early to be ready when our sponsor tents open at 6:30 am. There, you can visit our generous sponsors and collect a variety of give-aways. Before 7:25 a.m., make your way to the Main Stage, located near 13th and Chestnut, to watch breast cancer survivors participate in a moving and emotional procession. Show your appreciation and support for over 4,000 of our survivors and pay your respects to those who have lost their battle. Then listen to our Honorary Chairs of this year's Race, Saint Louis Athletica, as they kick-off the 2010 Race. Once this fantastic presentation is complete, it will be time to head to the start line at Olive and 14th.

Important Race Dates

- 5/27 - Team Reconciliation -
Genealogical Society
8 a.m. - 6 p.m.
- 5/28 - Team Reconciliation -
Genealogical Society
9 a.m. - noon
- 5/29 - Last Day to Register by Mail (Individual Participants)
- 6/2 - Missouri Team Captain
T-shirt Pick-up -
Temple Israel
9 a.m. - 7 p.m.
- 6/3 - Last Day for Timed Run Registration Online -
Cut-off at NOON
- 6/5 - Registration Blitz/ T-shirt Pick-up -
8 a.m. - 6 p.m.
* Registration Blitz locations available at komenstlouis.org
- 6/6 - Registration Blitz/ T-shirt Pick-up -
11 a.m. - 5 p.m.
- 6/9 - Registration Blitz/ T-shirt Pick-up -
9 a.m. - 7 p.m.
- 6/11 - Online Registration Turned Off at
NOON
- 6/12 - 2010 Susan G. Komen St. Louis
Race for the Cure®





WHO CAN HELP? KOMEN ST. LOUIS AFFILIATE FUNDED SERVICES

Komen encourages all women over the age of 40 to receive a mammogram every year. Please call today and make your appointment. Komen-funded mammograms are available for uninsured and underserved women aged 40-64 and symptomatic women under the age of 40 at the following facilities:

- Christian Hospital Northeast - Northwest..... (314) 653-5567
- Grace Hill Neighborhood Health Centers..... (314) 814-8698
- Jefferson Regional Medical Center..... (636) 933-5757
- Missouri Baptist Medical Center..... (314) 996-7585
- People's Health Centers..... (314) 367-7848, x1209
- Siteman Cancer Center..... (314) 454-7620
- SSM St. Mary's..... (314) 768-8951
- SSM St. Joseph in St. Charles..... (636) 947-5617
- St. John's Mercy Medical Center..... (314) 251-6569
- Touchette Regional Hospital.....(618) 482-7111

For a complete list of all health care agencies and non-profit organizations that are funded by Komen St. Louis, visit www.komenstlouis.org and click on Grants.

Susan G. Komen for the Cure® recommends:

1. Know your risk

- Talk to your family to learn about your family health history
- Talk to your provider about your personal risk of breast cancer

2. Get screened

- Ask your doctor which screening tests are right for you if you are at a higher risk
- Have a mammogram every year starting at age 40 if you are at average risk
- Have a clinical breast exam at least every 3 years starting at 20, and every year starting at 40

3. Know what is normal for you

- See your health care provider right away if you notice any of these changes:
 - Lump, hard knot or thickening
 - Swelling, warmth, redness or darkening
 - Change in the size or shape of the breast
 - Dimpling or puckering of the skin
 - Itchy, scaly sore or rash on the nipple
 - Pulling in of your nipple or other parts of the breast
 - Nipple discharge that starts suddenly
 - New pain in one spot that doesn't go away

4. Make healthy lifestyle choices

- Maintain a healthy weight
- Add exercise into your routine
- Limit alcohol intake

GIVE THE GIFT OF LIFE AND HOPE

Your gift is needed and there are many different ways to make a donation to the Komen St. Louis Affiliate.

- 1) Online at www.komenstlouis.org - Click on the Donate Now button.
- 2) Over the telephone by using a major credit card - 314-569-3900.
- 3) By filling out the form below and mailing a check to our P.O Box (see below).

Please remember to ask your employer about matching gift donations and payroll deductions.

_____ Yes! I would like to support the St. Louis Affiliate of Susan G. Komen for the Cure®

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