



The Susan G. Komen
Breast Cancer Foundation

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Greater Atlanta Affiliate Newsletter

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2006 Komen Atlanta Race for the Cure®

May 13, 2006

At a New Location

ATLANTIC STATION

Come join us for the 16th Annual Komen Atlanta Race for the Cure®. This year the Race will have a new location — Atlantic Station. Our goal is to raise \$1 Million and we need your help! Monies raised help fund local, community projects which provide education, screening, treatment and support right here in Atlanta.



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Register

You can register as an individual participant, register as a team member, create your own team, make donations and enter pledges on the Atlanta Race for the Cure website. Please visit, www.komen-atlanta.org to access all of these features.

Paper applications will be available at Wachovia Bank and Kroger in mid-March.

Volunteer

We still need volunteers for the Race. If you are interested in volunteering on Race Day, please contact Erin at eobert@komen-atlanta.org or 404-459-8700. If you are interested in volunteering for the Race, but are busy on Race day—make sure to call the office because there are volunteer opportunities before and after the Race.

Community Events



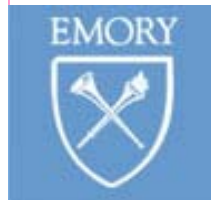
Marmi Shoes Grand Re-Opening

Lenox Square

The Forum Shopping Center

March 02, 2006 5:30pm-8:00pm

Join us March 2, 2006 when Marmi Shoes will present Komen Atlanta with a \$2,500 donation. Enjoy live jazz by Joe Alterman, hors d'oeuvres and refreshments. Friday, March 3 through Sunday, March 5, customers receive 10% off their entire purchase, plus Marmi will donate 10% of sales to Komen Atlanta.



Emory's Breast Cancer Awareness Fashion Show

Fox Theatre

Thursday, March 02, 2006

7:30 p.m. – 11:00 p.m.

Enjoy a live fashion show, silent and live auction presented by Emory University and Alpha Epsilon Phi sorority. For tickets and more information, please contact Rachel Saltzman at 516.965.4251.



CHAMPAGNE, CAVIAR
& COUTURE
FOR THE CURE

Champagne, Caviar & Couture "for the Cure"

Friday, March 31, 2006

Twelve Atlantic Station

7:30 p.m. – Evening Attire

Join us for the inaugural fundraising event "Celebrate Life," featuring a runway show of exquisite garments, cocktail reception and silent auction. For more information, call K2G Foundation, Inc. at 770-934-5454 or visit www.k2gfoundation.org.

GIRLS GONE GLADIATORS NIGHT

Gwinnett Gladiators Hockey

Gwinnett Arena

Friday, March 24, 2006

Game Starts 7:35pm

Support Komen Atlanta and watch the Gwinnett Gladiators take on the Pensacola Ice Pilots. Tickets are \$14 each, and a portion of each ticket will be donated to the Greater Atlanta Affiliate. To purchase tickets, please visit www.gwinnettgladiators.com/gwinnett/tickets/komen.asp or contact Kristi Novak at 770.497.5114.

Pink Fact

Physical Activity Reduces

Breast Cancer Risk

Women who engage in five or more hours of vigorous physical activity per week had a 38% lower risk of breast cancer than women who reported no regular physical activity, according a study recently published in a cancer journal.

The study also showed that regardless of weight, family history of breast cancer, hormone replacement therapy or reproductive history, that there is a benefit of vigorous physical activity.

For up-to-date breast cancer information, visit the 'In the News' section on the Komen homepage, www.komen.org.

Volunteer Spotlight

Stephanie Ponzio

Spring 2005

Volunteer of the Quarter

Stephanie is the co-chair of the 2006 Komen Atlanta Race for the Cure. Last year, Steph was the 2005 Race for the Cure co-chair and has been involved with Komen for many years and the Race since moving to Atlanta. She has a positive attitude, is very creative, keeps the Race Committee organized and is a big reason why the Komen Atlanta Race for the Cure is such a success! In April 2006, Stephanie will be named to the Komen Atlanta Board of Directors. Thanks Stephanie for all of your hard work and dedication!



Stephanie is pictured center in the middle row.

Race for the Cure, Q & A

Where do I register? You can register on-line at www.komen-atlanta.org or paper applications will be available at Wachovia and Kroger stores in mid-March.

What is the deadline? Early registration (\$25) is thru April 20, 2006. Late entries (\$30) are received April 21–May 9, 2006. Race day entries are \$35.

What if I can't run/walk in the Race? You can register as a Phantom runner. A Phantom Runner can support the cause without running. Phantom runner registration is \$40 and a t-shirt will be mailed to you after Race day.

What is a team? A team is a group of 10 or more. A team can be friends, co-workers, family, etc...

Questions about Atlantic Station? FAQ's are answered about the new Race location, Race route and parking on the Race website, which can be accessed through the Komen Atlanta website or on the Race website, <http://www.komenatlanta2006raceforthe cure.kintera.org>.

Can I get a team photo? Yes – please strike a pose! A photo station will be set up next to the main stage where teams, families, and other groups can pose for a photo. These photo will be available online after the race at www.quiltednorthernultra.com.



Komen Co-Survivor Program

The Komen Foundation has a co-survivor program available on the national Komen website, www.komen.org. The Co-Survivor page gives resources and support for helping someone along the breast cancer journey. Whether you know someone who was just diagnosed, a family member or friend is a survivor, there are so many ways to show support. There are answers to questions like 'What can I do?', 'What can I say?' or 'Help me understand what you are going through?' You can also share your story on message boards or read stories about other co-survivor experiences.

