

PNAAZ joins Race for the Cure

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The Phoenix Susan G. Komen - Race for the Cure on October 12, 2008 is fast approaching. Jack and I have participated in this worthy event since its inception here in Phoenix in 1993. This year, we are strongly encouraging others to join us in honor and support of Jack's two sisters who are battling breast cancer. Please join us to celebrate breast cancer survivorship, to honor those who have lost their battle with the disease, and to help raise funds and awareness for the fight against breast cancer.

This year, we are sponsoring a team in conjunction with the Philippine Nurses Assn. of AZ (PNA-AZ) of which I am a member. Our goal is to recruit a minimum of 20 members on our team to walk with us. You don't have to be in Phoenix to register with our team. You can register to walk or just donate under our team for the cause. While Jack and I will be participating in the 5K Walk portion of the event, as a team member you can choose instead to do the 5K Run, 1 Mile Walk, or 5K Survivors Walk or register as a You don't have to be in Phoenix to register with our team. You can register to walk or just donate under our team for the cause (means you sleep while we do the walk for you on race day:). Any donation (\$5, \$10, etc) is very much appreciated. The deadline to sign up for our team is September 17, 2008. After that date you will still be able to participate in the walk, but not as our team member. The basic Registration Fee to participate is \$25 per person. This includes your race packet and T-Shirt. To register for this event with our team, start at the komenphoenix.org website. Click on Register, and it should prompt you to Join a Team. Our team name is "PNA-AZ Race for the Cure". Please be sure you register through our team and not as an individual.. again. before September. You can either elect to have your shirt and packet mailed direct to you (for an additional \$5) or we will pick up the entire team materials prior to the race on October 12. If you have any trouble with registration at the site, or need any other type of assistance, please email me. Your participation will be greatly appreciated and it will be a fun activity or sleep activity:)