

## 2013 SUSAN G. KOMEN RACE FOR THE CURE

The 2013 Susan G. Komen Race for the Cure is scheduled for Saturday, April 6, 2013, in the Ridgmar Mall area in Fort Worth. **The Board has now designated this event as a 100%er event.** Details are listed below:

Date: Saturday, April 6, 2013

Time: 7:30 A.M. (see below for where to meet)

Place: Ridgmar Mall area

Please register online at:

[http://greaterfortworth.info-komen.org/site/TR/RacefortheCure/FTW\\_GreaterFortWorthAffiliate?fr\\_id=2124&pg=entry&autologin=true&AddInterest=4328](http://greaterfortworth.info-komen.org/site/TR/RacefortheCure/FTW_GreaterFortWorthAffiliate?fr_id=2124&pg=entry&autologin=true&AddInterest=4328)

Click on “Join an Existing Team”, then on the next screen, type in our team name in the box, “Cowtown Vettes”, then click on Search for a Team. Cowtown should show up on the next screen but you have to scroll down a bit to see it. Click on the name Cowtown Vettes and you should be able to register with the team. Email me at [karynfowler14@gmail.com](mailto:karynfowler14@gmail.com) if you have any problems registering.

I have been out to the Komen office in Ridgmar Mall and we came up with a new place to park. Instead of driving down into the mall parking lot, you may want to consider parking on the east side of Green Oaks in the lot where Albertsons and Best Buy are located. Best Buy won't be open this early. You can park there and walk across Green Oaks down into the mall area. Please plan to meet about 7:30 am at the east entrance to the mall in front of Neiman Marcus (where we have met for the past two years). It's impossible for all of us to stay together during the walk but we will meet up again for brunch between 9:45 am and 10:00 am (after the walk) at the IHOP at the Cherry Lane exit off of IH30, just west of the mall. Our group will be in the back room. Just remember not to take the first right out of the Best Buy parking lot at the light at Green Oaks. That will just take you into the mall parking. You need to cross IH30 and take one of the streets back towards IH30, go west, then take the Cherry Lane exit and the IHOP is on your right, look for their sign. As in the past, I will be drawing names for door prizes, consisting of Susan G. Komen merchandise, at the brunch. Only those who walk will be eligible for the prizes.

I wanted to give you all a little history of this event so you'll understand why I'm so passionate about it. Lois Beck, Donn Beck's wife, passed away in 2004 from lung cancer as a complication of breast cancer, after thirteen years of fighting this disease. Lois was a dear friend of mine and was a former President of Cowtown. Donn was Treasurer for several years. In addition, Mo Wheeler, Nancy Greene, Barb Stage, Chelsi Potter, Linda Lummus, Darlene Sullivan, Anne Krull, and Barb Greenfeder are all survivors and current and former members of Cowtown. In addition to Lois Beck, Brenda Renfro and Linda Griffith have passed away from breast cancer or complications therefrom and were former members of Cowtown.

Here are a few statistics for you:

According to the National Cancer Institute (NCI), one in eight women who live to be age 80 will develop breast cancer in her lifetime. This makes the disease the second most commonly diagnosed cancer among American women, after skin cancer.

One in four cancers diagnosed in the United States is breast cancer, yet women are not the only ones receiving the diagnosis. Although the incidence of breast cancer is much less common among men, approximately 1,700 American men learn they have breast cancer each year.

If you've already registered for the walk, THANK YOU SO MUCH! If you haven't registered, BE THERE OR BE SQUARE!

Remember, even if you don't walk, you can meet us for brunch afterwards.

See you April 6, Karyn Fowler

