



Breast Cancer Walk to benefit the Loran Smith Center for Cancer Support
www.intheirshoesathens.org

In Their Shoes Walk October 17, 2009

Register NOW!!

The "In Their Shoes" website is just waiting for your visit! It has walker information, registration forms, donation forms and all the information you should need.

The walker information will prove to be invaluable as you go through fundraising and training. Most of your questions will be answered.

If you have more questions, contact information is available as well.

If you haven't visited the site, don't hesitate - go now to www.intheirshoesathens.org.

Shoes News

Shoes News, the "In Their Shoes" newsletter is published monthly.

We invite everyone to share his or her stories, why you walk, whom you walk for, fundraising ideas, etc.

Please send any information you would like included to Jamie Smith at JASCTS218@bellsouth.net. Pictures are welcome. We will include as much as space permits. We would really like to share your story.

It's TIME!!!!

Time for what? Well, I suspect that if you are receiving this newsletter you pretty much know what I'm talking about!

The date has been set, the website is being updated, the committees are hard at work and an honorary chairperson has been chosen!

This year's "In Their Shoes" Walk is underway!

Time to dust off those sneakers, prepare those letters and fund raising ideas and best of all ... get together with old friends. Register early, train and be ready for October 17, 2009.

Yard Signs

Once again this year, "In Their Shoes" yard signs will be available for sale for \$25.

It's a great way to let your friends and neighbors know about "In Their Shoes."

You will be notified as more information is available.

REGISTER NOW...

You're Just Never Going to Believe!

But, I don't want you to know to soon, so you'll just have to read the entire first "isshoe" to find out what is no longer a secret!

This year's Honorary Chair for the "In Their Shoes" Walk is a very, very deserving lady. She has spent many years taking care of others. She always has a kind word and everyone knows how big her heart is.

Stay tuned to later pages of this "isshoe" for her personal introduction to you!

KICK-OFF JULY 14, 5:30 – 7PM

This year's kick-off will once again be held at the Loran Smith Center for Cancer Support.

It will be July 14, 2009 from 5:30-7pm. Come pick up your information packets, learn more about the walk and training, have fun and so much more.



Fundraising

On-Line Donations Now Possible

You asked for it ... you got it.

To help out with your donations, it is now possible to donate on line. It's so easy breezy ...

Go to the ITS website at www.intheirshoesathens.org, click on on-line donations and follow the instructions.

Be sure to tell your donors to scroll down to the "In Their Shoes" Walk portion to enter your name, team and walker number in.

If they don't do this part, poor Donna won't know who to give credit for the donation so it will just go in the big pot!



Dates to Remember

Tuesday, July 14

Kick-off Event

5:30-7:00 pm
Loran Smith Center
for Cancer Support

Friday October 16

Walker Luncheon

12:00 Noon

Saturday, October 17

"THE WALK"

7:30 a.m.

Loran Smith Center
for Cancer Support

NEED HELP?

Call Donna at 706.475.3301

**I walk for all those who can't...
Who will you walk for?**



2009 Honorary Chair "In Their Shoes" Walk

This year's honorary chair has participated on many levels with "In Their Shoes" since it was no more than a dream of two breast cancer survivors, Anne Hansen and Gaylene Ward.

She is a champion of all cancer patients, their families and friends. She selflessly gives her time, her knowledge and her love to any and all.

Without her, the Loran Smith Center for Cancer Support may well have remained a dream.

Yes, by now you all know I am speaking of our very own beloved **Mona Taylor, Outpatient Oncology and LSCCS Director.**

Mona was selected as our Honorary Chair for the above reasons and so many more. You will be hearing more from Mona in coming months.

Let's walk to honor Mona, too!

NEED HELP?

**E-mail Donna at
dpahl@armc.org**

Okay, you have registered to walk, gotten your walker number and packet - what now?

Time to start training and time to start fund raising. The walk is now only 18 weeks away. The sooner you start, the sooner you will raise your contribution and see yourself (and your team) go over the \$1,000.00 goal!

What do you do? Send letters (or e-mails) to friends, neighbors, co-workers, businesses etc. Let them know what you are doing and why. If you send 150 letters requesting \$10.00 each and 100 respond you will meet your goal. Most people will give more; some will give less.

- Have a car wash, bake sale, lemonade stand, hot dog sale at work.
- Find someone who will let you use their parking lot and have a community yard sale charging for spaces.

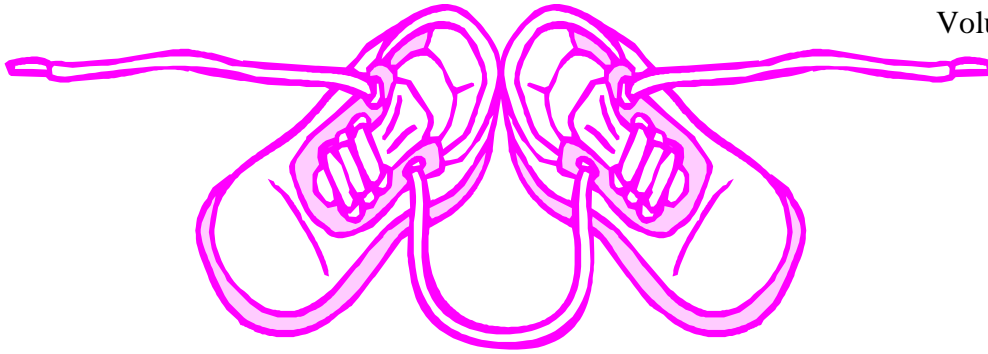
The number one way to be successful in your fundraising is to plan it and do it! Good planning and preparation is your key to not only reaching your goal, but also exceeding it and doing it early!

Remember to send thank you notes to any and everyone who contributes in any way.

I want to hear your success stories to share with others as well.

NEED HELP?

Fax 706.475.6774



It's Time to Put On Your Walking Shoes!

This morning I was sitting in a rather boring meeting and my mind started to wander. What could I do with my time until the meeting ended? As I flipped through my calendar, I had a great idea – I'll plan out the training schedule for the 2009 In Their Shoes Walk and that's just what I did!

We are committed to making sure you are physically prepared for your 13.1-mile journey on October 17. This year, we will offer mid-week and weekend training walks. The mid-week walks will be on Wednesdays at 5:30 pm and the weekend walks will be on Sunday mornings at 7:30 am. We will once again meet in the parking lot located behind the UGA's Office of Development at 394 South Milledge Avenue.

Water stops will be provided along with advice on proper walking techniques, stretching, and injury prevention and care. We hope you will take advantage of these trainings sessions. Walkers of all paces are invited and encouraged to attend!

The 2009 walking schedule is as follows:

<i>Wednesdays – 5:30 pm</i>	<i>Sundays – 7:30 am</i>
July 8 – 3 miles	July 12 – 3 miles
July 22 – 3 miles	July 26 – 4 miles
August 5 – 4 miles	August 9 – 4 miles
August 19 – 4 miles	August 23 – 5 miles
September 2 – 5 miles	September 6 – 6 miles
September 9 – 5 miles	September 13 – 6 miles
September 16 – 6 miles	September 20 – 8 miles
September 24 (Thursday) – 6 miles	September 27 – 8 miles
September 30 – 5 miles	October 4 – 10 miles
October 7 – 5 miles	October 11 – 6 miles

If anyone has questions or needs more information about the training walks, please feel free to contact me at 706-310-0839 or tgilland@uga.edu.

I hope to see you soon!

Tammy Gilland

Organizers & Walkers Kick-Off the Fourth Annual *"In Their Shoes" Walk*

The *In Their Shoes* walk is a one-day, physically and mentally challenging 13.1-mile walk beginning at the Loran Smith Center on the ARMC campus. On October 17, 2009, the walk will wind its way through the University of Georgia campus and along the scenic Greenway.

"It seems like a long walk, but a cancer journey is long," said Anne Hansen, *In Their Shoes* Co-Founder. "We wanted the walk to represent the long road from diagnosis, surgeries and treatment."

Proceeds from the walk benefit Athens Regional Foundation and are used in support of the ARMC Loran Smith Center for Cancer Support. The Center provides free supportive services to cancer patients and their families. The staff at the Center gives hope and courage through information, counseling, support groups, and much more.

Gaylene Ward, *In Their Shoes* Co-Founder, is thrilled to be involved with this event because all funds raised stay local. "There are a lot of opportunities, fundraisers, and foundations for cancer and breast cancer research and assistance. Most of the money though goes through national foundations," Ward said. "The beauty of this walk is that the money raised all stays here at the Loran Smith Center and is administered through the Athens Regional Foundation. The Center is here to serve families in Athens and Northeast Georgia and it helped Anne and myself with our cancer battle."

Over the past three years, more than \$380,000 has been raised. Each walker must raise a minimum of \$1,000. Because of that goal, walker recruitment is a major push for the walk over the next few months.

"Although \$1,000 sounds like a lot of money for one person to raise, we encourage potential walkers not let that number deter them. It's amazing the amount of money one can raise when they tell people what they are doing and why," Hansen said. "We are also here to help walkers raise their money by giving them fundraising ideas and support. We encourage everyone to sign up early so they begin fundraising and training now."

For more information about *In Their Shoes* and instructions for how you can get involved, please contact the

Athens Regional Foundation office at (706) 475-3301 or visit <http://www.intheirshoesathens.org>.

