

# Walking for a Cure News

**\*\*Changing Lives....One Step at a Time\*\***

Written by Sandra Chiesa

October 2009

## Event #9 – It’s a Wrap!!

October is breast cancer awareness month, so I thought it was fitting that the SF Bay Area kicked off the month with our **Breast Cancer 3-Day** event. And what a glorious event it was! The following is a day-by-day recap.

**Day 1:** We started our journey with the always emotional Opening Ceremony at the Cow Palace in Daly City Friday morning. From there we walked through Daly City, and into San Francisco. We walked around Lake Merced and the SF Zoo. Then we walked along the Great Highway, up past the Cliff House and onto the Land’s End Trail!! This part of the walk could have been a Hotties training walk! We then went down to Baker Beach and then up Lincoln. We ended by walking under the GG Bridge and then down to camp at the most beautiful campsite, Crissy Field, with the GG Bridge, SF Bay and City as the backdrop. We ended the day walking just over 19.0-miles. Some wonderful tent angels put up our tent. Thank you!!! We just had to anchor them down with our gear so they wouldn’t blow away!



Home Sweet Home!

**Day 2:** This was our long day – close to 23-miles! We started by crossing the GG Bridge and into Sausalito and then Mill Valley (where there was an awesome Cheering Station). This is the day I developed blisters...many blisters...on both feet. ☹ However, NO blisters were going to stop me from walking 60-miles this year. So I taped and padded everything as best as I could and trudged on. It’s times like this when a honking horn or cheering people help distract you from the pain of every step...cause there is pain...and red lights are your enemy because once you stop, it’s

hard to get moving again. We ended the day walking back over the GG Bridge (and fighting wind and tourists) and back to our very windy camp at Crissy Field.



My blistered feet - after being taped by John Sat night, and after walking on Sunday.

At camp I decided that since I had so many blisters (at least 2-3 on each foot), I would visit the medical tent. I was in there for over two hours, but the guy what worked on my feet, John Vonhof, was wonderful. He is some sort of foot guru. All of the other medical crew kept asking him for advice. He lanced my blisters and taped up my feet so I would be good to go on Sunday. It turns out that John has written a book, **Fixing Your Feet**, which is now its 4<sup>th</sup> Edition, and does a blog that I have now subscribed to. Check out his website: [www.fixingyourfeet.com](http://www.fixingyourfeet.com) to learn everything you ever wanted to know about feet and the prevention and treatment of different ailments. Once I was finished at Medical, I went to eat and got ready for Saturday night Dance Party!! Yes, dancing. Yes, after walking 40+ miles. Dancing uses different muscle groups than walking, and it just feels good. It’s one of my favorite camp experiences and I really look forward to it.

**Day 3:** We started by leaving Crissy Field and going down Mason St. and over to Lyon Street. I saw the Lyon Street stairs from a distance before we turned down another street. We stopped in the first Starbuck’s we came across. I got a grande caramel frappuccino...thought I had earned it. ☺ It helped get me up some hills and forget about my feet. Yes, my feet. Still blistered, but taped so well by John the night before in medical. We had numerous “little” hills on Sunday. We walked through GG Park and by the DeYoung Museum and Japanese Tea Gardens. We traveled through Haight Ashbury (which still

has the hippie vibe), North Beach and downtown (near the TransAmerica building) until we got to our Holding Area. Here we collected our victory shirts and solo pink rose. We stayed in Holding until everyone had made it back safely. Then we formed three groups: crew (grey shirts), walkers (white shirts) and survivors (pink shirts, of course, and can be walkers or crew members that are breast cancer survivors). We then lined up, five abreast, and took our last march to Closing at the Marina Green. Walkers enter first, then Crew and then Survivors. The ceremony celebrates what we had just accomplished and looks forward in hope to a day when a cure is found. It was the perfect ending to a perfect three days.



**Now some final thanks and thoughts:** I want to thank the San Jose Bike Cops for riding along with us, keeping us safe, playing music, wearing pink shirts on Sunday and, yeah, just being some nice eye candy! ;- ) An event without them is just not the same.



A SJ Bike Cop!

I want to thank my team, the **Warming Hut Hotties**. We were 41 members strong (walkers and crew) and the #1 team at the SF event both in terms of number of members and dollars raised!! We received Legacy pins for each of these accomplishments. The money is still trickling in, but as I write this our team has raised **\$90,370.79!!!** I also want to thank our team captain, Linda Imlay, for kicking our butts during training!! I affectionately referred to our training walks as "Hottie Bootcamp" for a reason! However, all those challenging hills and stairs paid off *big* time.



Largest Team Legacy pin



Top Team-Fundraising Legacy pin



2009 Warming Hut Hotties Team Photo

I want to thank all those walker stalkers like the Hookers for Hooters, our very own Hottie stalker, Marsha, and others that appeared at different places all three days to provide support and encouragement.



Hookers for Hooters

I want to thank those people that came out to cheer (Rob & Linda!) and hand out candy and stickers and popsicles. When you walk for hours, this kind of support is so motivating. It puts a spring in your step and it means a lot. The event would be so boring if we walked 60-miles over three days in silence.

I want to thank Arleen Lombardi, Pat Tornincasa, Dawn Dangidang, Steve Ferrari, Anne Smith, Sandy Joy, Linda Abronzino and Mom & Dad for all the cards you sent!! I think some of my teammates were jealous at how much mail I received. It was overwhelming, but your words of

encouragement meant a lot to me. You guys rock!!

In the end, despite the blistered feet, I had an amazing time!! Last year was so hard for me...physically and mentally. In total contrast, this year I felt like I belonged; like I was a fully engaged participant. I was determined going in that I was going to walk *every* step, and nothing – *nothing* – was going to stop me. I was walking on a cloud. I had a smile on my face. I overcame a horrendous year of pain and uncertainty for one of the most (if not the most) successful years to date. It just all came together and I'm going to glow in its success for a little while longer before I begin the quest for the 2010 walk.



100+ stairs on Land's End Trail

“There is no mistake so great as the mistake of not going on.” -- William Blake

At this point there should be no question if I'm doing it again. The 3-Day walk is simply a part of who I am at this point. I identify myself as a “walker” and wouldn't know what to do otherwise. As long as my feet and body will allow me, I will walk. As long as a cure is still not found, I will walk. As long as more and more people I know are impacted by breast cancer, I will walk. As long as the biggest risk factor for developing breast cancer is simply being a woman and getting older, I will walk.

Being a part of the 3-Day is being a part of something that is bigger than yourself. It's a powerful feeling. The 3-Day community of walkers, crew members and volunteers are an amazing and dedicated group of people that I am so proud to be a part of.

Thank you for sharing my journey with me this year. Thank you for your support – both financially and emotionally. I hope you all have fantastic Holiday season! Until spring 2010, stay healthy and walk on!

## Final Fundraising Stats

I had set my personal fundraising goal at **\$5,000** even though I knew the odds were stacked against me. Up until just *two* weeks before the walk my total raised was \$3,710. However, in just **two weeks** you have helped me raise **\$1,350** to **finally** reach this milestone and earn the **\$5K Legacy pin** (plus more donations have come in *after* the event)!!! **THANK YOU!!!!** I feel so blessed to have such amazing people in my life. I have now raised a whopping **\$33,604** for the breast cancer cause since 2003! Thank you **so** much for your support over the past six years!!!!



Finally!! My \$5K Legacy pin for fundraising!!! WOO HOO!!!

My final fundraising numbers for 2009 are:

Source of Funds	Amount	%
Fundraising Letters	\$4,355.00	83.0%
Sale of Sharks Tickets	140.00	2.7%
Personal contributions	100.00	1.9%
Unsolicited & Gifts	370.00	7.0%
“Recycling for a Cure”	120.00	2.3%
Berta Donation Box	95.00	1.8%
Personal Change Jar	70.00	1.3%
<b>TOTAL</b>	<b>\$5,250.00</b>	<b>100%</b>

## Donor Hall of Fame

I want to extend special recognition to the following donors. These amazing **16** individuals/businesses have supported me *every* single year since 2003 and by themselves have contributed **\$8,098.50** to the cause during this time! Thank you for your dedicated support. I know that situations can change from year to year, so it truly means a lot to me.

Janet McCarthy  
Joan Orsi  
Linda & Elda Abronzino

Jeanne Perry  
Kathy Strohmeier  
Mary Elliott

Romeo Packing Co.  
Virginia Reyes  
Rose Barcellone  
Lestari Tirtoprodjo  
Mom & Dad

Silvana Massa  
Yola Marsh  
Barbara Crumrine  
Sandy Joy  
Theresa Howard

have walked **3,589.9-miles** in training since 2003! Woo hoo!! And I must say that all of this training, all of the challenging Hottie walks, couldn't have prepared me better. I can't wait to lace up the running shoes next year to do this all over again. ☺

## My Pink Angels

My deep, heartfelt gratitude goes out to the following individuals & businesses that have made generous donations to the 3-Day on my behalf in 2009:

Lori Alexander, P.T.  
Anne Minoletti  
Brielle Kelly  
Germano Belli  
Joan Orsi  
Kathie Repetto  
Carole Fioravanti  
Mary Elliott  
Norma Marcucci  
Yola Marsh  
Dennis & Pamela  
Hernalsteen  
Saritha Kathula  
Stephen Ferrari  
Jeanne Perry  
Janet Valle  
Hank & Dorris Sciaroni  
Kathy Strohmeier  
Krishna Mitty  
Rose Barcellone  
Barbara Crumrine  
Sandy Testa  
Native Daughters of the  
Golden West  
Lestari Tirtoprodjo  
Steve & Wendy DeVoe  
Patricia Tornincasa  
Ray & Eugenia Chiesa  
Lisa Walker  
Isabel Singleton  
Theresa Howard  
Jane Wallace  
Michael Chiesa

Monica Santa  
Arleen Lombardi  
Janet McCarthy  
Dorothy Bettencourt  
Romeo Packing Co.  
Ron & Gala Bongard  
Virginia Reyes  
Jackie Joy-Ames  
Pablo Oropeza, Jr.  
Silvana Massa

Shari Stowell  
Nancy Beardsley  
Barbara Rice  
Maria Lourenco  
Fuat Sadri  
Marvin Bautista, D.C.  
Linda & Elda Abronzino  
Nancy Davidson  
Elena & Jim Lawson  
Alice Meilleur  
Pamela Bonifacio  
Connie Taniguchi

Sandy Joy  
Anne G. Smith  
Dan Stritmatter  
Virginia Panlasigui  
Belinda Redington  
Kris Mason  
Glenda Parmentier  
Toby Grissom

## Final Training Update

I had an *amazing* training season. It was in sharp contrast to everything I endured last season and I couldn't be happier with the outcome. I ended the season with **653.9-miles!** Cumulatively, I

## Join Me in 2010!

The name of the event may be changing from the **Breast Cancer 3-Day** to the **Susan G. Komen 3-Day for the Cure**, but the goal is the same. The SF Bay Area event will take place Oct 1-3, 2010. I'm already registered!! There are 14 other events as well starting in Boston in July and ending November in San Diego. If you register by **November 23, 2009**, (as **walker** or **crew**) and use the promo code **POWER10**, you pay only \$55 (that's \$35 off the regular registration price). You can go to [www.the3Day.org/2010](http://www.the3Day.org/2010) or call (800) 996-3DAY to register today or request more info.

## Contact Info

**E-MAIL:** [walkingforacure@sbcglobal.net](mailto:walkingforacure@sbcglobal.net)  
**ADDRESS:** PO BOX 439  
HALF MOON BAY, CA 94019-0439  
**WEBSITE:** [www.walkingforacure.com](http://www.walkingforacure.com)

**GET SQUISHED!!**

**SCHEDULE YOUR MAMMOGRAM  
TODAY!**

**Remember, EARLY detection helps  
SAVE LIVES!**



Legacy Pin celebrating being a 5-yr. (or more!)  
participant in the 3-Day.

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