



Kathy & Ruth *Talk the Walk*

The Countdown Continues—64 Days to Go!

Day one of our 3-Day walk begins at some ungodly hour on September 7. That's just over two months away. Most of our money has been raised, so much of our focus will now be on training and trip planning.

Last week we attended a 3-Day workshop in Kansas City where we were given tips on packing, shoe selection, hydration, nutrition, blister prevention and many more topics. It was a treat to have that opportunity given that KC isn't a host city this year. We met walkers who will be participating in various cities throughout the country. It turns out that KC will be represented in all twelve 3-Day walks. Impressive!

Preparations are going well. We are beginning to think about things like how to decorate our tent (so we will

be able to find our tent in a field of a bazillion identical tents), what type of sleeping bag we need for Seattle weather in September, and what kind of flashlight is most useful in a port-a-potty at night. We'll figure it out.

We know many of you will miss us terribly while we are gone. Do not fret! You can send us mail on event! Words of wisdom, bits of humor, any show of support, and cash (kidding) are welcome. Letters (no packages) must be postmarked by August 24 to ensure delivery at the 3-Day Camp Post Office. We hope to hear from you!

Send to:

[Participant Name]
3-Day Camp Post Office
1752 NW Market St #531
Seattle, WA 98107-5224



You don't need to look at a couple of sweaty broads every month. This time we'll let you enjoy the serene setting we enjoyed on one of our training walks.

**Ladies, Don't Forget
Your Monthly Breast
Self-Exam!!!**

Profile in Courage

Contributed by Ruth Riggs

We are doing something a little different for this month's profile in courage. I decided to use this space to honor the ten women whose names I proudly wore on my shirt during last year's walk.

At right are those names. These are not merely names, they are women—strong women—who have either survived the disease or succumbed to it.

I am sad to report that one of these women lost her life to breast cancer just last month. Another of these women is facing a recurrence of breast cancer since last year's walk. One of them was diagnosed with breast cancer just before last year's walk and is still going through chemotherapy treatments. Three are recent survivors and four are long-time survivors.

Unfortunately, I have more names to add for this year. One of those is newly diagnosed since last year's walk. Others are friends or relatives of friends who I learned about because of the discussions that arose due to my participation in this event.

I think it's important to focus on these women and remember why we're walking and why we are trying to raise all this money. We're walking for these women and all the women like them. We are walking for their daughters in hopes that they don't face this disease in the future.

We are walking because we can. As challenging as it can be to walk 60 miles and raise \$2,200, that challenge is nothing compared to the challenges faced by these women and so many other women like them. You have seen a glimpse of the



courage of these women in previous profiles and I hope you recognize the magnitude of their strength and courage. I do.

Save the Dates!

Kathy & Ruth's Uno's Dough Raiser

August 16 & 17, 2007

Dates are tentative.
Possibly all three KC area Uno's locations.
More information to follow!

Susan G. Komen Race for the Cure

Union Station-Kansas City

August 12, 2007

7:30 am

To register or for more information,
visit komenkansascity.org.
To find a Race for the Cure in
your area, visit komen.org.

Ruth's Reflections

My niece, Jordan, stayed with me for a week at the end of June. She's 12 and wanted to go to Worlds of Fun and Oceans of Fun. So, we did. Because of previous back problems, I was going to sit on the sidelines while she rode all the rides, but she would have none of that. I must confess that I had a great time even if my back didn't!

Jordan expressed an interest in joining Kathy and me on one or more of our training walks or gym workouts. However, somewhere along the line she decided that sleep sounded better. There are mornings that I would agree with that. I always feel great once we're done walking, but I really wouldn't mind beating the alarm clock with a hammer some mornings.

My brother, Mark, created a video of Day 3 of last year's walk. If you would like to see it, you can go to <http://kathyruth3day.tripod.com/> and click on "2006 Kansas City 3-Day Video." It's an avi file and runs five minutes. It features me and my family. Kathy is included at the end as part of the post-walk celebration. Enjoy!

Training Training Training

Despite what you may have heard there ARE hills in Kansas! If you don't believe us, take a stroll down Pflumm someday. We've been hearing that Seattle is very hilly and we have been seeking out hills here in order to prepare for them on event.

July is a heavy training month with lots of mileage on the weekends. We continue to hope for mild summer days, especially on the weekends. So far we've been pretty lucky with the weather. We had one day that was particularly hot and a few rainy days. Other than that, we can't complain. Well, we could, but we won't, at least not right now.

You may remember in our first newsletter we said we'd be walking 585 training miles which is about the distance from Overland Park to Milwaukee. In the past 14 weeks we have walked 281 miles. That puts us just south of Brooklyn, Iowa on I-80. In the next 4 weeks we'll be walking another 134 miles. Look for us in northern Illinois. We'll be the two sweaty women cussing at each other!

Mo' Money Mo' Money

We are closing in on our goal of \$4,400. \$3,500 has been posted to our accounts and we will post more in the next few weeks. We have scheduled a fundraiser at Uno's in August which will likely send us over the top!

Mark your calendars tentatively for August 16 & 17. On those dates, Uno's will donate up to 20% of sales from patrons we direct to their store(s). We will be distributing a flyer with more information when all the details are confirmed. We are checking into whether all three local Uno's are available on those dates. Eat, drink, be merry, & raise money for a great cause!

Just because it looks like we'll meet our goal doesn't mean you can't still donate if you intended to. In fact, we encourage you to do so. Many of you know someone who has faced this disease. The more money we raise, the better our chances of finding a cure for breast cancer!

Kathy's Cogitations

Hello everyone – I'm back. Ruth is pretty awesome for filling in for me once again last month. However, I no longer have an excuse for not writing my own cogitations. I made an important decision recently about my work/life balance and officially resigned from my job effective July 6th. It is something I have been thinking about for awhile because the scale was way out of balance. Actually, the training walks (lots of time to think) and a recent bible study that I did (thanks Kathi for facilitating) helped make the decision easier.

My current plan is to take about 3 – 4 months and catch up with personal and home responsibilities, catch up with family and friends and generally chill out. Oh yeah, I will also need to figure out what I want to do when I grow up unless I win the lottery in the next few months (not much chance of that).

Take care and in closing – "May your walls know joy; May every room hold laughter and every window open to great possibility." Maryanne Radmacher-Hershey, 1995

Why We Walk

Fifteen percent of the net proceeds from the Breast Cancer 3-Day benefit the National Philanthropic Trust Breast Cancer Fund, a special field of interest fund that will provide support for breast cancer initiatives including research, treatment, prevention and education. The NPT Breast Cancer Fund is an endowment, which will ensure that the cause receives long-term, continuing support irrespective of gifting activities in years to come. For more information, visit www.nptrust.org.

If you would like to donate

You can visit our personal fundraising pages
<http://www.the3day.org/seattle07/kathyungerer>
<http://www.the3day.org/seattle07/ruthriggs>

or mail checks to

Kathy & Ruth
c/o Ruth Riggs
8400 W 131st Place, Apt 817
Overland Park, KS 66213

Your donation is tax deductible.
Make checks payable to "Breast Cancer 3-Day."