



# Kathy & Ruth *Talk the Walk*

## Rain, Rain Go Away! We Can't Train Another Day!

It's been a while since our last newsletter. In 68 days we leave for Minneapolis and as the date approaches we get more excited about the event. Some days the training is hard and sometimes the fundraising seems overwhelming, but remembering the reason we are walking keeps us going.

As noted on the next page we're having our Uno Dough Raiser again this year. Please be sure to forward certificates to everyone you know in the Kansas City area.

Training is underway. Our friend, Kathi, frequently trains with us during the week, but she hasn't been able to join us for a weekend training walk. Usually

we're on our own as most people would rather do yard work or pay bills or pick up dog stuff than walk ten or so miles. Somehow there is always something else they need to do.

So, this morning we were happy to have company for the last half of our twelve-mile walk as we can get kind of snarky with each other when we get about six miles into it. Our friend, Janice, agreed to walk with us at Shawnee Mission Park.

It had rained on us a little during our first six miles, but training in the rain is good because it is entirely possible we'll have to walk in the rain at the actual 3-Day. When we arrived at the park, it was still raining a little.

Not long after we headed out on the trail, it was pouring down rain. Janice, who had long been questioning our sanity for being out there, was more than ready to head back when we decided it wasn't safe due to thunder and lightning. However, we think she had a great time because when we dropped her off she said, "be sure to call me again when you're going to walk in the rain." There may have been a hint of sarcasm in her voice, so we'll accept offers from other potential training partners if anyone is interested. Training partners can join us for as little as 3 miles or as many as 18 miles.

Until next time, be happy, healthy and safe!

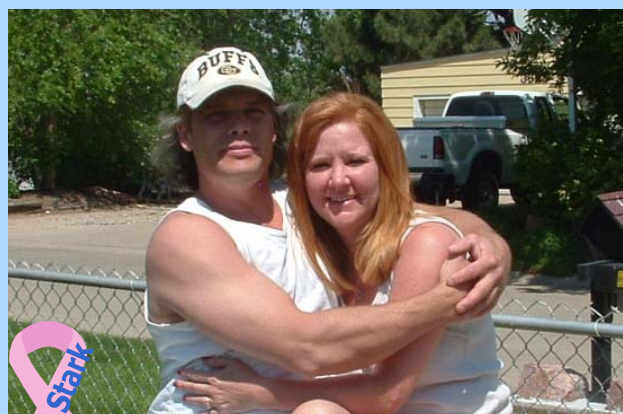
## Profile in Courage—Vicki Stark

*Contributed by Leslie Leake in honor of her good friend.*

On January 21, 2008 my friend, Vicki was diagnosed with invasive ductal carcinoma at the age of 38. She had a bilateral mastectomy with reconstruction on February 19, 2008. She made this choice due to her strong family history of breast cancer; her older sister is a 13-year survivor and her mom has Stage 4 breast cancer.

I have known Vicki for several years through work we both have done with the Student Assistance Program (SAP) in Nebraska. I was lucky enough to be on the SAP team for Blackburn High School where Vicki is the Team Leader. Every time we had a meeting, I knew I was guaranteed laughs and fun. I was also lucky enough to travel with Vicki and our friend Kathy (along with other SAP members) to New Orleans for a conference a few years ago. What a blast we had! We spent lots of time walking around and drinking a Hurricane...or two. We even managed to make it to the conference!

In 2005 when my mom was diagnosed with breast cancer Vicki was there with encouraging words and advice. She had gifts for my daughter and me which helped remind us of the support we have in our friends. When I think of words to describe Vicki, I immediately think of things like: amazing, tough, brave, daring, fun, and feisty! She is able to confront any challenge and definitely is someone that others see as a survivor.



Vicki and her husband, Steve.

Vicki has been keeping a journal on caringbridge.com which keeps us all connected to how she is doing. Typical Vicki...she is making sure we are all taken care of by being aware of her journey and being part of it. Currently Vicki is undergoing Chemo and made the decision to have her hair shaved off instead of waiting for it to fall out. She has stated in her journal that she wants to be the one making the choices not the cancer. Go Vicki!



## Kathy & Ruth's Uno Dough Raiser

**August 13 & 14, 2008**

Visit Uno Chicago Grill on the above dates and present the certificate.

Uno will donate up to 20% of your check to Kathy & Ruth's fundraising efforts for the Breast Cancer 3-Day!

**More information and certificates can be found on the enclosed flyer.**

### Spread the Word!

**Invite your friends, family and co-workers!**

If you need more certificates, you can make copies or download them at [kathy ruth3day.tripod.com](http://kathy ruth3day.tripod.com) or contact us and we will fax or e-mail additional copies to you.

### Dine-in or Take-out!

## Ruth's Reflections

I have no idea what I am going to reflect on in this section. The truth is that is usually the case when I sit down to "reflect." You may have already suspected that from the long and rambling reflections I've published in the past.

At any rate, training is going well. We're up to 10 miles on Saturday and 6 miles on Sunday. In no time at all we'll be up to 18 on Saturday and 15 on Sunday. Fortunately I haven't had any blisters so far and I haven't lost any toenails!

As much as I don't consider myself a morning person, I have found that starting the weekend walks at 6:00 am to beat the heat is well worth it. I can always nap when I'm done. I'm not crazy about the 5:00 am start during the week, but it works, I guess.

Fundraising is going pretty well. We've got a ways to go, but I'm confident we'll get there. The Uno Dough Raiser is next month. Last year we raised \$438 with that. We're hoping to raise even more this year. We have some other fundraising ideas we are pondering. We'll keep you posted.

As always, I thank you for your support! The journey wouldn't be the same without you! (And I mean that in a good way.)

## Fundraising Update

Below is the accounting of our fundraising efforts. Note that if you visit our donation pages you will see that some of the money we raised from our three fundraisers is not posted yet. Because we are unable to move funds to another account, we hold off posting in case one of us may be short of the minimum required.

As you can see at left we have the Uno Dough Raiser scheduled for August 13 & 14. We hope you'll spread the word to anyone you know who eats out—and who doesn't occasionally?

Donation	\$ 400
SuperBowl	\$1,000
Brackets 4 Breast Cancer	\$ 728
Mom-o-Grams	\$ 170
<b>Total</b>	<b>\$2,298</b>

## Kathy's Cogitations

Hello everyone. Training is on track and we will soon be starting our sixth week of a 16-week program designed to get us ready for the 60 mile trek over 3 days. Before you know it we will be in Minneapolis/St. Paul on the actual 3-Day walk.

Have you picked your buddy yet? In June, Kansas City's KCTV-5 started promo spots for Buddy Check 5. The concept is to encourage you to pick a buddy and every 5th day of the month contact your buddy to remind them to do their breast self exam. We know we are supposed to do a monthly self exam but we don't always do it every month. Let's remind each other and possibly save the life of someone we love. Pick a buddy (or more than one), pick a day (it doesn't have to be the 5th), schedule it on your calendar and contact your buddy every month. A self exam can catch breast cancer early. Do it today.

## About the Breast Cancer 3-Day Beneficiaries

Eighty-five percent of the net proceeds from the Breast Cancer 3-Day benefits Susan G. Komen for the Cure, the world's largest and most progressive grassroots network fighting to end breast cancer. For more information about Susan G. Komen for the Cure, breast health or breast cancer, visit [komen.org](http://komen.org) or call 1.877.GO KOMEN.

Fifteen percent of the net proceeds from the Breast Cancer 3-Day benefits 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](http://www.nptrust.org).

## If you would like to donate

You can view our personal fundraising pages to make a donation online:

<http://08.the3day.org/goto/ruthriggs>  
<http://08.the3day.org/goto/kathy.ungerer>

or mail checks to:

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

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