



Ruthless People

We hope you aren't experiencing newsletter withdrawal! It's been months since you've heard from us!

Some things have changed over those months. The first thing you might notice is the newsletter name change. Many of you are already aware that Ruth is not going to be walking this year. That's right—we're Ruthless. Never fear though, Kathy won't be walking alone. Kathi Monter is lacing up her walking shoes with Kathy. Thus, a newsletter name change was required.

They'll be heading to Phoenix and walking on November 13-15. That's later in the year than Kathy and Ruth usually walked and that's part of the reason we're just now producing a newsletter.

We've got some great fundraisers planned including our usual Uno's Dough Rai\$er on August 12-13. Details are available on the enclosed flyer. Additionally we're working on hosting a trivia night fundraiser and a vendor party where you'll have the opportunity to purchase jewelry, Mary Kay and Tastefully Simple products with a percentage of the proceeds going directly to our fundraising efforts. More details will be available in future newsletters.

Training has officially begun. We are following the 16-week training program. Think of us on those rainy Saturday mornings or hot evenings as we train. We'll start slow and eventually build up to as many as 18 miles in one day. Ruth claims she may train with us some. We'll see if that happens.

As always, we so appreciate your support and look forward to sharing our journey with you. Until next time, be happy, be healthy.

What is the Breast Cancer 3-Day?

- The Breast Cancer 3-Day is a 60-mile walk for women and men who want to make a personal difference in the fight against breast cancer. Participants commit to fundraising \$2,300 each, training and dedicating an entire weekend to the cause.
- Breast Cancer 3-Day participants travel an average of 20 miles a day during each event.
- The 2009 Breast Cancer 3-Day Series will generate millions of dollars to fund critical breast cancer research, education, and community health programs.
- Eighty-five percent of the net proceeds raised from the Breast Cancer 3-Day will benefit Susan G. Komen for the Cure, which is leading the global movement to end breast cancer forever, by funding research and community outreach programs.
- 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.

What is This Newsletter and Why am I Getting It?

This newsletter was begun in 2007 by Kathy Ungerer and Ruth Riggs and was titled "Kathy & Ruth Talk the Walk." It was created in an attempt to spread the word to their friends and associates about their fundraising and training efforts for the Breast Cancer 3-Day in Seattle that year. They also used it as a vehicle to share "Profiles in Courage" contributed by their family and friends to honor women who have courageously fought the battle against breast cancer.

Because the newsletter was so wildly popular [cough], it resumed in 2008 when they shared their journey in preparing for and participating in the Twin Cities 3-Day. The distribution list is primarily their friends, family, co-workers and other 3-Day participants they've met along the way.

With Kathi Monter replacing Ruth as a walker, the newsletter has been renamed for the 2009 event and many of Kathi's friends and family are new to the distribution list. Some of you may also be new if Kathy or Ruth has added you recently. Whatever the case, if you're new, welcome aboard! We hope you enjoy the journey with us!

Expect updates about once a month. If you would like to be removed from the distribution list, please e-mail kathyruth3day@yahoo.com.



Ruth's Reflections

This is probably the last time I will share my reflections with you in this newsletter. I just wanted to let you know that while I won't be walking with Kathy and Kathi this year, I will be in the background offering moral support, helping with fundraising, contributing to the newsletter, and perhaps joining them on an occasional training walk. I first walked in the Breast Cancer 3-Day in Kansas City in 2006 after my sister had been diagnosed with breast cancer. She is now cancer-free, but the cause will always be near and dear to me and I will help however I can.

I had hoped to be able to travel to Phoenix with them to cheer them on in person; however, due to the fact that I lost my job in March and my job search continues, it is highly unlikely I will be able to make the trip. I'll just cheer them on from afar. You go girls!

I've got a little space left, so I guess, I'll throw in a personal plug—if you know anyone who needs an administrative professional, point them in my direction—riggs9@gmail.com.

Do we have your e-mail address?

If you are receiving this newsletter via snail mail, you'll notice it's in black and white this year instead of color. That's because we lost our printing sponsor. If you would rather receive the newsletter in full color via e-mail, please let us know your e-mail address by sending it to kathyruth3day@yahoo.com. Thanks!

Kathi's Korner

I, Kathi with an "i," have decided to embark on this incredible journey of training for the 60 mile, 3-day Breast Cancer walk in Phoenix. Week 16 of training and counting down to the final week begins this week. Week 1 is a little rocky as I hurt my back over the weekend and didn't get started training until Thursday. Next week will be better—or at least that is what I tell myself. I walk for many reasons and their names are Luella (my mother-in-law), Deanna (my sister-in-law), MaryJo (my friend), Lisa (my friend), Nancy (my aunt) and also for all the other unnamed men and women who are survivors or have lost the battle to breast cancer. So here we go, game on!!!

Kathy & Kathi's

Uno Dough Rai\$er

August 12 & 13, 2009

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

Uno will donate up to 20% of your check to the Breast Cancer 3-Day!

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

Spread the Word!

Invite your friends and family!
Heck, invite strangers!

If you need more certificates, you can make copies or download them at kathyruth3day.tripod.com or contact us and we will fax or e-mail additional copies to you.

Dine-in or Take-out!

Kathy's Cogitations

It has almost been 10 months since I last cogitated. Don't ask me what it means, Ruth just tells me I need to do it!

Actually I like staying in touch with you and hope all is well with you and your family. If you are new to the newsletter I hope you enjoy our adventures of our 2009 Breast Cancer 3-Day journey.

This is year 3 for me as a 3-Day walker. I will miss having Ruth on the training walks and the 3-Day event. I still have hope that she will be able to join us in Arizona to support us. And since we are talking about Ruth, just so everyone knows she really is the backbone of the newsletter. Her humor, her spirit and her administrative skills are awesome.

This week is officially the start of the 16 week training program for the grand finale of 60 miles over three days. The training is tough at times, the fundraising is hard, but for those who are or have battled breast cancer my struggles are nothing. Join us in our journey so that others don't have to be a member of a club they didn't want to join. God Bless.

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

Although doctors are specially trained to find breast lumps or other changes and a mammogram can find even smaller changes, many breast lumps are found by women themselves at home. A woman who knows the look and feel of her own breasts may notice a new lump or a change between doctor visits.

When you do your breast self-exam every month, look and feel for the following signs of possible problems in your breast or underarm area. If you notice any of them, make an appointment to show them to your healthcare provider right away.

- lumps, hard knot or thickening in any part of the breast
- unusual swelling, warmth, redness or
- darkening that does not go away
- change in the size or shape of your breast
- an itchy, scaly sore or rash on the nipple
- dimpling or puckering of the skin of your breast
- pulling in of the nipple or other parts of the breast
- nipple discharge that starts suddenly
- pain in one spot that does not vary with your monthly cycle

This information was pulled directly from the Susan G. Komen for the Cure website. For more information on this topic and many other topics related to breast health, visit <http://www.komen.org>.

If you would like to donate

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

<http://www.the3day.org/goto/kathimonter>
<http://www.the3day.org/goto/Kathy.Ungerer>

or mail checks to:

Kathy & Kathi
c/o Kathy Ungerer, 8823 W. 132nd Terrace, Overland Park, KS 66213

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