



Kathy & Ruth *Talk the Walk*

Destination: Seattle; September 7-9, 2007

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.

Last year Ruth walked the event in Kansas City and Kathy crewed (volunteered). Note the lovely picture at right. Kathy had just greeted Ruth at the finish line. Both of us found it to be a very rewarding experience and wanted to participate again in 2007.

Late last year we found out there wouldn't be a 3-Day in Kansas City this year, so we decided we would travel elsewhere to do it. We ultimately decided on Seattle because neither of us had been there before and because the timing worked best for us.

In order to participate, we had to commit to raising at least \$2,200 each.



Kathy and Ruth at the 2006 Kansas City 3-Day.

We learned last year that the journey is much longer than three days and we wanted to share our progress and the ups and downs of this endeavor with friends and family. To that end, we are producing this monthly newsletter. We hope you enjoy the ride (or should we say, "walk"?) with us.

The Seattle walk is 190 days away. We've begun to train (unofficially). We've started fundraising. We've made our plane reservations. Let the games begin!

Ladies, don't forget your monthly BSE!

Regular breast self-exams (BSE) can help you know how your breasts normally feel and look, so you can notice any changes. When you find a change, you should see your health care provider. Most breast changes or lumps are not cancerous, but only a health care provider can tell you for sure. When breast cancer is found early, you have more treatment choices and a better chance of recovery. So, it is important to find breast cancer as early as possible.

A BSE is recommended every month a few days after your period ends. During this time, your breasts are less tender or swollen. If you no longer have your period, do your breast self-exam at the same time every month.

For step-by-step BSE instructions, go to www.komen.org/bse.

Profile in Courage—Lynne "Rusty" Riggs

Contributed by Jordan Leake, age 12, in honor of her good friend and grandmother. Jordan shares her thoughts about watching her "Nama" go through cancer and treatment and being at the finish line of last year's Kansas City Breast Cancer 3-Day Walk.

- Q: What does your Nama mean to you?
- JL: **Everything!** She's one of my good friends. I can talk to her about anything. She's sort of like my diary. She remembers everything I tell her.
- Q: How did you feel watching her go through cancer and the treatment (hair loss)?
- JL: I wished I could do something about it and that she didn't have to go through it. I would do anything if she could be healthy again. It made me feel like I was going to cry.
- Q: What makes your Nama courageous?
- JL: She has a family that loves her and they need her. She does her best as a Nama; she tries to cheer people up. She knows her family needs her in different ways.

- Q: What was it like seeing your Nama at the 3-Day finish line meeting your mom and aunt?
- JL: I know that people kept walking ahead and it kind of made me angry because my Nama couldn't walk that fast because of her walker. I was also glad that my aunts were trying to find my mom.
- Q: What was it like meeting your mom and Aunt Ruth at the finish line last year?
- JL: I was about to start crying like Mom and Nama. I felt happy that my mom was so happy for me to be there. I'm so proud of my mom, she's done great. I liked knowing that my aunt knew we were coming for my mom and she didn't tell my mom so it could be a surprise. I liked that she did that for her.



Jordan and her "Nama" (Lynne Riggs)—May 2006.

Lynne Riggs was diagnosed with breast cancer at the age of 54 in November of 2005 after having discovered a lump through a breast self-exam in October of that year.

The day before Thanksgiving she had a double mastectomy. In January of 2006 she began chemotherapy and was finished by March of last year.

Today she is in remission.

Shout Out to Nama from Jordan:

Nama—thanks for being such a great person in my life!

Our next fundraiser:

Brackets 4 Breast Cancer

Later this month.
More information to follow!

Why We Walk

The 2007 Breast Cancer 3-Day Series will generate millions of dollars to fund critical breast cancer research and community outreach programs.

Eighty-five percent of the net proceeds raised from this event will benefit Susan G. Komen for the Cure, which is leading the global movement to end breast cancer forever.

Fifteen percent of the net monies raised will 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.

Ruth's Reflections

Last year's journey was the experience of a lifetime. My niece Leslie and I walked together in honor of my sister (Leslie's mom). Kathy crewed, which basically means she gave up sleep for four days in order to pamper us walkers.

This year I'm walking again for my sister, but this time it's for her continued good health. I'm walking for Doris, Priscilla, Mary Jo and others who are currently fighting this disease. I'm walking for others I know who have survived this disease and others who have not.

I am happy that Kathy is joining me as a walker this year. Last year it was nice to have family at the finish line. That won't happen this year since we'll be in Seattle and that's a bit far for my family to travel. But, I look forward to crossing the finish line with my friend.

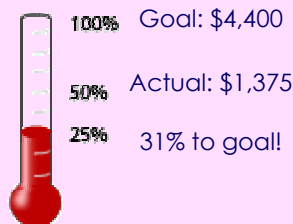
Kathy and I have traveled together before—Greece, San Francisco, and Chicago (with Kathy)—and we do well as travel partners. However, we've never shared a tent, so we'll have to see how that goes. Wish us luck!

Money Money Money

Our first fundraiser centered around the "big game" on February 4. (We're not sure we're allowed to call it by name here, so we'll avoid the hassle of going to court over it by just referring to it as the "big game".) Thanks to your participation, we raised over \$1,000 for our cause. A special thanks goes out to Ruth's brother, Wade, who raised over half of that money. We had fun with it and we hope you did, too.

We have more fundraisers planned to help us reach our joint goal of \$4,400. We will provide more information as the dates approach. Our next fundraiser, Brackets 4 Breast Cancer, will be later this month.

Fundraising Update



Kathy's Cogitations

Hello, there. Ruth, here. This is the area where Kathy would normally talk about her thoughts on the walk and how things are going for her, etc. However, Kathy is a CPA. That means she is working something like 127.2 hours per week. I might be exaggerating, but not by as much as you may think. I didn't have the heart to ask her to write something this month, so I'll write this month's for her.

First of all, you can blame the "Kathy's Cogitations" thing on me. It sounds like something she should take a pill for. I was just going for something alliterative.

Now, let's pretend I'm Kathy.

I don't know why I let Ruth talk me into doing this thing. She is so pushy. I just agreed to do it so she would shut up already. OK, that and because it's for a good cause. Don't tell her, but I really am looking forward to doing it, I just don't have much time to focus on it right now. I'll have much more to say in the May issue. Oh, by the way, Ruth is Superwoman!

Training Tales Training Tales Training Tales Training Tales



The suggested training for the Breast Cancer 3-Day is a 24-week program which includes walking four days a week, cross-training two days a week and resting one day a week.

We don't officially begin training until March 26. We start with a day of rest—you have to love any program that starts with a day of rest! However, we have been hitting the gym with our friend Kathi at 5:00 am five days a week and 7:00 am Sundays since late January to begin our unofficial training.

We will gradually increase our mileage each week and if we stay on course, we will have walked 585 training miles over the 24 weeks before the actual walk has even begun! To put it in perspective, that distance is about equivalent to walking from Kansas City to Milwaukee!

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."

If you would prefer
to receive this
newsletter via e-mail,
or not at all,
please e-mail us at

kathy ruth3day@yahoo.com

Thanks!