

Konnnect to Komen

A monthly e-newsletter for Komen OC Volunteers!



SPECIAL EDITION: 20 Years of Volunteering!

How do you thank the volunteers who have given 20 years of time, sweat and soul to the Komen Orange County Race for the Cure? It seems impossible to thank our volunteers properly. The Race is not possible without months and endless hours of planning, coordination, heavy lifting and love by our volunteers, who also give up a weekend every September. Our volunteers give momentum to the Komen for the Cure vision of a world without breast cancer.

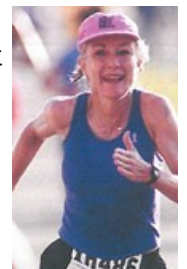
Since we can't thank everyone from the past 20 years, here are just a few Race volunteers who share their thoughts about volunteering and participating at Race for the Cure.

Ed Arnold has volunteered at every Orange County Race for the Cure – at the microphone as announcer (and off the stage as greeter, thanker and don't-forget-anyone captain.) The early years of the Race were the most difficult for Ed – he didn't finish his broadcast duties with KTLA-TV until 11 p.m., and didn't get home until 1 a.m. But he is always ready at the Race at 6:30 a.m. Besides helping out at the Race, Ed gets the word out about Komen as a news anchor at KOCE-TV/PBS and as a Komen "Pink Tie Guy." He has been master of ceremonies at Komen golf tournaments, the Pink Tie Ball and Sponsor Receptions.



What does he want people to know about Komen? "The money they give is well spent and has led to many advances in the fight against breast cancer. They should also know that Komen is ALWAYS there for any person who has breast cancer or for anyone who has questions about the disease."

Sandi Carter has been at every Orange County Race for the Cure – as runner, survivor, speaker and volunteer. She was diagnosed with breast cancer in 1991 and was at the start line at the first Race in 1992. She won the Survivors' division for seven years in a row. "I focused all my running training on getting ready for (Race) day, and every year I ran and won was like a personal victory over the disease," Sandi says. "I always felt I was the one who was inspired by all the survivors I met in the process . . . Everything I have ever done with Komen has been an honor and a privilege." Sandi will be at the Race this year with two of her children and her three young grandchildren. "I want people to know that we are making amazing progress in the fight against breast cancer."



Sandy Finestone has been involved with the Race since the beginning in 1992 – over the years she has been president of the Board of Directors, Race Chair, Survivor Chair, speaker, sponsor, Team Captain and parade organizer. And one of the breast cancer survivors wearing pink in that parade. She is proud that she has been able to bring hundreds of women to the Race and given their families a way to show how much they care. "Komen was started with a promise from one sister to another. I can encourage each of my "sisters" to get a mammogram and I can be there for each of my "sisters" who is diagnosed." Look for Sandy again this year.

One key moment at the Survivor Tribute each year is the release of white doves. **Pamela Wright** has been at the Race for 18 years with her White Flite Dove Release. "For me the turning point was when I was diagnosed with breast cancer in 2009. When I was a speaker at the Race that year I was overwhelmed with the emotions I felt – once an onlooker and now a survivor myself. It was the most proud moment as I felt a bond and camaraderie that is unique to survivors of any disease," Pamela says. "Before and after my cancer I have felt among the many people who participate in the Race a sense of loving, caring, commitment and a joy to be working to FIGHT breast cancer and CELEBRATING those who survive."

Thank you, Race volunteers – each and every one of you.

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