



## Terri Brodeur Breast Cancer Foundation

August 2011 Newsletter

Visit our website: [www.tbcbf.org](http://www.tbcbf.org)

### Keeping Logan's Promise – Message from Marianne Esposito

Welcome to the 2011 Summer Issue of Logan's Promise. TBBCF has the proud tradition of directing 100% of gross fundraising dollars to breast cancer research. Norma Logan would be so pleased to see that in the first five years our Foundation has donated \$1.8 million dollars to promising researchers.

However, Logan's Promise, our unique commitment to donate every penny of fundraising, would not be possible without the outstanding commitment of our volunteers and sponsors. It is also made possible by our walkers- the hundreds of people who walk a long distance quarter, half, or full marathon and seek donations for a significant fundraising commitment.

My sincere thanks to our sponsors, volunteers, and walkers. I am very proud to be a five year TBBCF marathon walker. Please join me on October 1 and make our sixth annual Walk Across Southeastern CT a success!

### An Exciting Course for Quarter, Super Half and Full Marathoners

2011 Walk Across SECT: Saturday, October 1, 2011

Opening Ceremonies at 6:30AM with 'Feet on Street' at 7:00AM for all Marathons!



The TBBCF Walk Across Southeastern Connecticut will be held Saturday, October 1, 2011. Full marathoners walk from Old Saybrook to Camp Harkness in Waterford. Super half marathoners walk to Rocky Neck State Park. Quarter marathoners walk within Old Saybrook. All of our marathon routes are beautiful and scenic. See map. As in the past, all are invited to closing ceremonies at Camp Harkness at approximately 3:30PM Saturday afternoon. Super half marathoners will enjoy Rocky Neck finish line celebrations and lunch. Quarter marathoners will enjoy Old Saybrook finish line celebrations and snacks. For more info [Click here](#).

### Fundraising Tips

Each walk option includes a fundraising goal. The most popular method of fundraising is requesting donations. The TBBCF web site has a letter that can be customized for hard copy or email. [Form Letter](#) On-line donations to support a walker are easy and secure.

Another option this year is to sell \$5 tickets for Macy's Shop for a Cause. Tickets are good for 25% off on Saturday, August 27, 2011. Walker ticket sales can be applied to their fundraising commitment. Visit [Macys Offer](#) for more details.



Josh Moskow, Terri Brodeur's nephew, turned his love of archery into a *Shoot for a Cure* fundraiser. Walker Sara Lemieux used a family tag sale to raise her TBBCF funds. She posted a sign at the tag sale and her proceeds will go to her walk. Holding an event or party can be another creative way to raise money. Whatever your preferred method, mention the TBBCF promise that - 100% of gross fundraising dollars go directly to breast cancer research! It's what makes our local efforts so unique.

## Show Us Your Spirit



Our 2011 T-Shirt competition will be September 30th at the pasta dinner at Old Saybrook High School! To participate in the T-Shirt Contest, email [claudiam@snet.net](mailto:claudiam@snet.net) for more details.

## Tell Us Your Story

Your personal walking story could inspire other participants if you share it with us. Tell us what walking does for you and why you chose to participate in the Walk Across Southeastern CT. Are you training and walking with a group or independently? Were you inspired to walk by someone special? Is this your first endurance event or are you an old pro? Tell us! We may post your story on the TBBCF website where other Walk Across Southeastern CT walkers can read it for inspiration.

Email [claudiam@snet.net](mailto:claudiam@snet.net)

## Save the Date for the Pasta Dinner

A fun evening and a great way to carbo-load and relax before the big day. The annual Pasta Dinner will be held the evening before the Walk Across Southeastern CT on Friday, September 30, 2011 at the Old Saybrook High School. Walkers and crew can bring friends and family to the Pasta Dinner. Tickets will be sold for \$10 per person on a first-come first-serve basis. For your convenience, you can pick-up your registration packet including your walk number at the Pasta Dinner. Look for ticket sales information by email and on the website in early September.

<http://TerriBrodeurBreastCancerFoundation.org>

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## Special Thanks to our Five Year Platinum Sponsors

