



Terri Brodeur Breast Cancer Foundation

September 2011 Newsletter

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



### Keeping Logan's Promise – Message from Marianne Esposito, Executive Director

Welcome to the September 2011 issue of Logan's Promise!  
We are just days away from our 6<sup>th</sup> annual TBBCF Walk Across SECT. It has been a challenging year! New routes for the quarter and half marathon have been established to encourage more walkers. If you have not signed up to walk or volunteer on October 1<sup>st</sup>, please join us! Bring a friend or family member!  
With uncertain economic times, some people are hesitant to commit to fundraising targets. They ask 'Why are the targets so high?'. It brings us right back to Logan's Promise: from our first day, we have had the proud tradition of directing 100% of gross fundraising dollars to breast cancer research. If we have an event and depend on contributions of sponsors, we need to make sure we maximize our fundraising. That's why we have the \$200 for the quarter, \$250 for the half, and \$500 for the full marathon.

As we believe, it is tough doing a long distance walk, and it is tough doing fundraising. But neither of these things is more difficult than going through breast cancer. So we do all this to find a cure! My sincere thanks to our sponsors, volunteers, and walkers. I am very proud to be a five year TBBCF full marathon walker. Please join me on October 1 and make our 6<sup>th</sup> annual TBBCF Walk Across Southeastern CT a success!

P.S. This is my walk picture from last year! Hoping for the same beautiful day & walk experience next week!

### 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!

Walk 26! Walk 15! Walk 6!. For more info [www.tbcbf.com](http://www.tbcbf.com)



### What's cooking? Pasta!!!

Carbs are good if you are walking a TBBCF full marathon, super half marathon or quarter marathon the next day! Walkers and volunteers can get their registration bags, and walk right into the Old Saybrook cafeteria for a pasta dinner or take-out! Family & friends are welcomed!!!!

#### Pasta Dinner

**When:** Friday September 30, 2011

**Where:** Old Saybrook Senior High School

**Time:** 5:30pm-7:30 pm

**Price:** \$10 adults, \$5 students & children

Tickets available at the door!

Show Up with Spirit! . . . Show Us Your Spirit!



Our 2011 T-shirt competition will be September 30th at the pasta dinner at Old Saybrook High School! Wear your T-shirt to compete for fun prizes! For more information, email [claudiam@snet.net](mailto:claudiam@snet.net) .

**Why do we love Deep River Snacks?**

- ✓ **Awesome chips? Absolutely!**
- ✓ **Awesome dollar contributions? Absolutely!**

Our thanks to Deep River Snacks! Not only do TBBCF Walk Across SECT walkers receive great chips at the lunch break, but Deep River Snacks has a long tradition of giving back. A percentage of "Lightly Salted" potato chip sales is donated to TBBCF each year. For 2010, it was approximately \$8,000 . . .all of which is directed to breast cancer research! Check out the full story at : <http://www.deepriversnacks.com/lightlysalted/index.html>



**Abundant thanks, Deep River Snacks!**

<p><a href="http://TerriBrodeurBreastCancerFoundation.org">http://TerriBrodeurBreastCancerFoundation.org</a>          P.O. Box 785          New London, CT 06320          860-245-0402  <a href="mailto:tbbcf@sbcglobal.net">tbbcf@sbcglobal.net</a></p> <p> Find us on Facebook</p>	<p><b>Special Thanks to our 2011 Platinum Sponsors</b></p> <p>  </p> <p> <b>Chester Kitchings Family Foundation</b></p>
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