Welcome to the 19th Annual Making Strides Against Breast Cancer Walk

Memorial Field
Concord, New Hampshire
Sunday, October 16th, 2011 at 1:00 PM

TODAY’S PROGRAM

11:00 AM–12:30 PM Registration and Team Photos
The Garden of Hope & Remembrance Tent
Survivor Tent
Kid’s Spot of Hope

12:45 PM Opening Ceremonies
Welcome Remarks
Survivor Procession, Group Survivor Photo & Song
American Flag Presentation by the Armed Forces Recruiting Command
National Anthem sung by Jaime Taylor

1:00 PM MAKING STRIDES Walk Begins
When we all begin the walk together it makes for a powerful display of unity in the fight against breast cancer. Please refrain from leaving the field prior to 1:00.

CELEBRATION AFTER THE WALK
After you complete your walk, please join us at the top of Memorial Field for refreshments generously donated by area businesses. The total amount raised will be announced at approximately 3:00 PM on the stage.

Share the Powerful Spirit of an Extraordinary Day.
**Our 2011 Theme:**

*Share the Powerful Spirit of an Extraordinary Day.*

*Making Strides Against Breast Cancer allows our community to embrace a bittersweet mix – the celebration of the exceptional courage of survivors and the meaningful tribute to those who we have lost.*

*Join us to turn passion into action.*

*Make Strides on purpose and with purpose.*

**Assistance:** Our Ambassadors in the bright green shirts are on the field to assist you with questions.

**Port-a-potties:** Located at the field, at the half way point of the walk route, and on The Survivor Way.

**Registration:** Under the large tent to the left of the stage

- **For Team Captains to turn in additional donations.** Team members should meet their Team Captain at their team sign to give them any additional donations.
- **For Individual Walkers to turn in their registration form and donations.**

**Team Photos:** Photo Stations and “Official Roving Photographers”

All teams welcome to a have team photo taken anytime between 11AM-12:30PM. Just gather your team walk over to the Photo Stations, to the left of the stage. Alternate option for teams of 15 or so, stay at your team sign and have a roving photographer take your picture. Large team of 40 or more, photo will be taken at the stage.

**Refreshments Prior To The Walk:** Soda, coffee, pastries, fruit, hot chocolate and pizza will be available for purchase from the Strides Refreshment Tent. All profits benefit *Making Strides Against Breast Cancer*. Located near the field entrance. (Complimentary refreshments donated by local businesses will be available on the field after you complete the Walk.)

**Along The Walk:** This is a 5 mile walk starting and ending at Memorial Field. *The Survivor Way*, via Langley Parkway, is a shorter route (2.5 miles) for Survivors and their families.

- Water Stations are located along the route
- Recycling Bins for water bottles will be available along the route and at the field
- Courtesy Buses will be circling the route for anyone needing a ride back to the field

**SPECIAL AREAS ON THE FIELD TO VISIT**

**The Welcome Tent:** Volunteers will answer questions. Honor of or Memory of stickers available here. Survivor Sashes available here and in the Survivor Tent.

**The Garden of Hope:** This beautiful, permanent garden maintained by volunteers is dedicated to all those lives that have been affected by breast cancer. You can tie a pink ribbon here to honor the special people that inspire us to be involved. Located beyond the team area, to the right.
Remembrance Tent: This is a quiet area to reflect on those we have loved deeply and will never forget. Located near the Garden of Hope.

Stories of Hope Display: Many of our Team Captains and Volunteers have shared why they are inspired to Make Strides.

Strides Store: Making Strides merchandise available for purchase. All Proceeds benefit Making Strides Against Breast Cancer. Located to the left as you enter the field.

Kid’s Spot of Hope: Children must be accompanied by an adult. Crafts, temporary pink ribbon tattoos, side walk chalk and balloons are available before the walk. Located on the basketball courts.

American Cancer Society Cancer Action Network (CAN): CAN is the nation’s leading cancer advocacy organization that is working every day to make cancer issues a national priority. To learn more and how you can be involved, please visit acscan.org/makingstrides.

Stitches of Comfort for Hope Quilt: The quilted backdrop for the stage is made up of 3’ x 3’ Individual quilt squares, each with its own story, and is displayed for all to feel the comfort and support of the quilt.

SURVIVOR OUTREACH AT THE SURVIVOR & FAMILY TENT

The Making Strides Committee and the American Cancer Society welcome all those who have been touched by breast cancer. Recognizing that each person challenged by breast cancer is a unique individual who reacts in a different way to a cancer diagnosis, it is critical that Survivorship be inclusive to all. This includes all ages and all stages of cancer, those who are just diagnosed, to those in the midst of treatment, to those living years beyond their treatment, and to those who are experiencing a recurrence.

We invite Breast Cancer Survivors and their families to join the Survivorship community by stopping by the Survivor & Family Tent. This is a place to honor and support each other. Whether you have participated in years past or it is your first Strides event, your courage, hope and strength are gifts you can share with those newly diagnosed. Together with other survivors and their families you will realize you are not alone.

The American Cancer Society volunteers are there to offer assistance to you and your family and to provide information on programs and patient services of the American Cancer Society.

In the Survivor & Family Tent you will have the opportunity to share a part of your cancer journey with someone else from our community touched by breast cancer by creating a Hope, Courage or Strength craft and attaching a personal note of compassion, hope and encouragement. Each crafted item, with its note, will be given to a newly diagnosed breast cancer patient by the Breast Care Center at Concord Hospital. This year there is the opportunity to create a beaded bracelet.

Survivors are invited to begin gathering at the Survivor & Family Tent at 12:30 to take part in the short Survivor walk to the stage for the 2011 Survivor photo. (Survivors can also choose to meet up with the community of Survivors once they reach the stage.) This is a powerful way to unite for the very special Survivor photo and song. Make sure to complete the form in the Survivor & Family Tent to receive a copy of the photo.
EMBRACING THE GIFTS OR OUR COMMUNITY
2011 IN-KIND SPONSORS

The Making Strides Planning Committee has an important philosophy that guides us through our efforts: *We get everything donated, so that your fundraising efforts can go directly to the cause of fighting breast cancer.* So all of the tents, signs, staging, portapotties, banners, balloon work, vehicles, flowers and refreshments are all donated. We are grateful for the generous donations of our local Greater Concord business community.

106 Bean Stalk Store
Act One Creative, LLC
Action Signs and Design, Inc.
Advantage Signs, Inc.
Alan's of Boscawen
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Andover Beacon
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Colonial Village Pharmacy
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Concord Camera Store
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Granite River Studios
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Mulligan's Restaurant
NE Delta Dental
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Pleasant View Gardens
Popcorn Indiana
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Speedy Printing
St. Paul's School - S&D Coffee
Swenson Granite Works
Taylor Rental
Teddy's Tees
The Barley House
The Centennial
The Common Man Restaurant
The Country Spirit Restaurant
The Red Blazer Restaurant and Pub
The Shea Family
The UPS Store
Time 4 Change Embroidery
WeatherVane
Weaver Brothers
WKXL1450
WMUR
WZID
Thank you to the City of Concord – Code Enforcement Dept., General Services, Park & Recreation Dept. and Police Dept. for their continued partnership and assistance.

A SPECIAL THANK YOU TO THE FOLLOWING IN-KIND SPONSORS

D. McLeod Florist for hosting Team Captain Headquarters and for donating flowers and greenery for the Survivor Tent and the Garden of Hope.

Concord Camera Store for their generous donation of the development of photos taken today, and the beautiful Making Strides window display they provided. Please visit www.concordcamera.com to order event photos on line.

Kite & Crew for their pride in preparing Memorial Field for the event each year.

Pleasant View Gardens for their continued generosity of beautiful flowering plants season after season for the Garden of Hope.

Advantage Signs for their tremendous donation of team signs to be used every year.

Parker Academy, St. Paul’s School, Shaker Road School and Concord Boys and Girls Club for the buses and drivers along the route.

Taylor Rental for their tradition of providing tents every year.

Henniker Septic, Inc. for their long standing tradition of providing comfort and convenience for our participants.

Carl Smith - Capital City Audio – for all the years he has put his heart into providing sound for this event.

Thank you to all the Volunteer Photographers who share their time and talents with us:
Carroll & Terry Blake, Mindy Butler, Rick & Kim English, Skip Foisy, Geoff Forester, Ralph McMechen, Ken & Shari Smith, Jeff Spoor, Michael St. Germain, Art Swenson.

NH is the number one per capita Making Strides State in the country! Out of the eight walk in NH, Concord is the largest both in participants and money raised.

We would like to thank the Greater Concord Community for Making Strides, whether you have made participating a tradition or this is your first event know that there is strength in our numbers, both in the support we offer each other and the money we raise that will allow the American Cancer Society to make a difference in the lives of those touched by breast cancer. Making Strides is not about one of us, it is about all of us as breast cancer affects far too many of us.

Thank you for Making Strides! The Volunteer Planning Committee

Save the date for the 20th Anniversary of Making Strides Against Breast Cancer – Sunday, October 14, 2012

For information on how you can Make Strides by becoming a sponsor or forming a team, contact: chair@concordstrides.com.
Our 2011 Corporate Sponsors

We salute these companies and organizations for their generosity, ensuring that every individual donation is able to directly support breast cancer research, advocacy, awareness and patient programs and services of The American Cancer Society.

**Flagship Sponsor**
Concord Imaging Center

**Platinum Sponsor**
Amerigroup Corporation

**Gold Sponsors**
Amoskeag Beverages, LLC
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Laconia Savings Bank
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Sanel Auto Parts
St. Paul’s School

**Silver Sponsors**
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Lincoln of Concord
Sanborn, Head & Associates, Inc.

**Bronze Sponsors**
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Shaker Road School

**Corporate Ad Sponsors**
Capitol Alarm Systems, Inc.
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KCS Advisors, LLC
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The Shea Family

Thank you to the 2011 teams!

Behind each participant is a story, with each team there is a meaningful sentiment. It is with a sense of pride, appreciation, gratitude and respect that we thank each team captain and team.

4 The Girls
ACS, A Xerox Company
Aesthetic Dental Center
All Friends
Allen’s Interior Systems, Inc.
Ann’s Hope
A-ta-ta-Knees
B.C. Busters
Banks Chevrolet
Barnes The Misfits
Basch’s Boobilicious Babes
Bear Boobies
Bear’s Buddies at Heritage
Beaver Meadow School’s A,B,C & DDs
Becky’s Brigade
Bling on a Cure
Blue Herons Shaker Road School
BodyWorks
Booby Lovers United
Bow Landscape Supply
Brave Hearts
Breast Friends Forever
Breastsavers
Brest Friends
Bud’s Bosom Buddies
Bustin Out
Busty Angels
Buzz for Boobs
Carrie’s Angels
Charlotte’s Crusaders for the Cure
Child & Family Development at NHTI
CIC Bosom Buddies
City Striders
Coe-Brown Lady Bears
Concord Boys & Girls Club
Concord Dance Academy
Concord High School Cheerleading
Concord Hospital PT Cruisers
Concord Sam’s Club
Concord Young Professionals Network
Courage Hope Strength
Creative Dance Workshop
Crimson Creations Cuts 4 a Cure
CRVNA Hospice Hearts
Cure Crusaders
Cure for the Cups
Cure4Sure
Curves Cuties of Bow
Curvy Chicas for a Cure
Dartmouth Hitch-Hikers
DMV Divas
Donna’s Angels
Double Exposure
Eagles FOE 613
East Side Learning Center
Ella’s Angels
EnergyNorth Propane
Fueling the Fight
FCC Fabulous Maam’s
Fight Like A Girl
Fighting to Save 2nd Base
Flora’s Supporters
Free The Twins
Fun Intelligent Training
Buff Breasts
Gertie’s Gang
Goldies Gang
Good Bridges
GP1 Wellness Walkers
Grammy’s Gaiters
Granite State Twin Peaks
Hakuna Ma Ta Ta’s
Hannah’s Bananas
Heidi’s Fight for a Cure
Heritage Harley-Davidson-Bikers for Boobs
Hillsboro Health Strides with Pride
Hootin’ for Hooters
Hope Chest
Hope’s Marvelous Mamo-Grams
Horizon Settlement Services
Inter-Rack
Jazzercise of Concord
JFJJ
John Stark Regional High School
John Stark Volleyball
Julie’s Jewels
Just for Jill and Judy too!
Justine’s Stars
Kathy’s Crusaders
Kids For a Cure
Kingsmen Kickin’ Kancer
Knockers for Nana
Leighton Divas/Loggers
Let’s Hear it for the Girls
LGC Consuela Crusaders
Lisa’s Walk for Hope
Little Bit of Green
Loudon Ladybugs
Lula’s Peeps
Marching With Marge
Miracle Walkers
Mission Possible!
MOMS Club of Concord
More Than a Handful
Motivated Caregivers Survivors & Believers
Nana’s Navy
New To You Recycled Fashion
NHJB Cares
NHTI Central Ray Society
NHTI Nurses for Knockers
Northeast Delta Dental
Orr & Reno
Pam’s Power
Parker Academy
Paws For Bras
Payson Center Pacers
Pearls of Hope
Pembroke Academy NHS
Pink Diamonds
Pink Power Girls
Pink Ribbon Promise
Pink Tornados
Post 59 Cans
Powerful in Pink
Preserve The Goodies
Proctor Academy
Quilting Hotties For Hooters
Rockin’ Robin
Ro’s Buds
Rundlett Rocks
Sarah’s Soldiers
Save Our Weapons of Mass Distraction
Save the war in my rack
Saving 2nd Base
Scooters For Hooters
Shaw’s Wellness Walkers
Sheila’s Spirit
Sister Survivors
Sisters in Stride
Sisters Supporting Sisters
St. Paul’s Supporting Sisters
Strides 4 Mom
Sue’s Super Stars
Sulloway Supporters
Super Friends Fighting Cancer
T/N Rotary Club
TAFA Trekkers
Tammy’s Trotters
Target Supports “The Girls”
TD Bank Striders
Team Bettyann (aka Nanny)
Team Tamsta
Team Tooty Ta-Tas
Teens for Tah-Tahs
Thanks for the Mammarys
The Brady Bunch
The Breast You Ever Had
The Globe Striders
The Rack Pack
The Rehab Rackers
The Toothfairies
The Warriors
Tilton Travelers
TLC Bust A Move
Together in Taking Strides
Tough “T” Team
Treasured Chests
Trinity Baptist Church
Trish’s Troopers
Tucker’s Treasure Chest
Upton & Hatfield, LLP
Walkers for Healthy Knockers
Walking for JOY
Walking For The Girls
Walsh Walkers
Watt’s Warriors
We Support Your Front & We’ve Got Your Back
Wednesday’s Women Walking
Workman’s Warriors
Yorks Dorks for Linda
Zonta Advancing the Status of Women

THANK YOU TO TODAY’S INDIVIDUAL WALKERS!
Making Strides toward a world with more birthdays
The American Cancer Society Making Strides Against Breast Cancer is a noncompetitive walk that unites communities to honor and celebrate breast cancer survivors, to educate women about prevention and early detection, and to raise money to help people stay well, get well, find cures, and fight back against the disease.

The American Cancer Society is helping people get well and stay well
- We help people reduce their risk of breast cancer or find it early by educating and empowering them to get mammograms and clinical breast exams, and to live healthy lives so they can stay well.
- We provide answers to questions day and night through 1,800.227.2345 and cancer.org. Breast cancer is the number one reason people call us.
- The American Cancer Society helps patients get to and from treatment appointments through our Road to Recovery® program.
- Our Look Good...Feel Better® workshops teach ways to help with the appearance-related side effects of active treatment.
- Reach to Recovery® offers one-to-one support for newly diagnosed breast cancer patients from survivors.
- When outpatient treatment is far from home, the American Cancer Society provides a free place to stay at Hope Lodge®. There are 29 Lodges across the country and three in New England, in Boston, Worcester, and Burlington, Vermont.
- We offer online patient-to-patient support through our Cancer Survivors’ NetworkSM at cancer.org/csn.
- Our I Can Cope® educational program provides cancer related information to anyone facing cancer, whether that is personally or as a friend or family caregiver.

For cancer information, local resources, and support, contact the American Cancer Society anytime, day or night: 1,800.227.2345 | cancer.org
2011 MAKING STRIDES AGAINST BREAST CANCER
VOLUNTEER PLANNING COMMITTEE

CHAIRPERSON: Kimberly Laro
CO-DIRECTORS OF SURVIVORSHIP: Cydney Dodge and Donna Wilbur
DIRECTOR OF PUBLICITY: Bridget McKerley
DIRECTOR OF SPONSORSHIP: Melissa McAllister
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CO-DIRECTORS OF LOGISTICS: Tina Smith and Mare Shea
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Thank you to the Friends of Strides and ALL the volunteers who help us in so may ways to make this day a success!

Follow us on Facebook!
Facebook.com/MSABC.Concord

2011 FLAGSHIP SPONSOR

Concord Imaging Center

The American Cancer Society can be reached 24-hours a day, 365 days a year
1.800.227.2345 • www.cancer.org

Thank you to North East Delta Dental
for donating the photcopying of the Day of Event Program.

This program includes information available and confirmed as of the date of printing. The committee appreciates the contributions of so many people and companies, and regrets any errors or omissions.