



MAKING STRIDES
Against Breast Cancer®



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 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 | Granite State Curbing | Parker Academy |
| Act One Creative, LLC | Setters | Perry Monument Brothers |
| Action Signs and Design, Inc. | Grappone Companies | Pleasant View Center |
| Advantage Signs, Inc. | Harris Family Furniture | Pleasant View Gardens |
| Alan's of Boscawen | Henniker Septic, Inc. | Popcorn Indiana |
| American Red Cross | Hermano's Cocina | Red Blazer |
| Andover Beacon | Mexicana | Red River Theatres |
| Armed Forces Recruiting Command | Hinckley, Allen & Snyder, LLP | Sanborn, Head & Associates, Inc. |
| Artisan's | HP Hood | Seacoast Scaffolding |
| Associated Grocers of New England | Jake's Market | Shaker Road School |
| Banks Chevrolet- Cadillac, Inc | Koffee Kup Bakery | Shaws Supermarket - Ft. Eddy |
| Bella Beads NH | Lakes Regional Coca-Cola | Shea Farm |
| Ben Franklin Printers | Madeleines Elegance | Signature Events |
| Bestway Disposal | Defined LLC | Southern NH University |
| Blaser's Fireside Tavern | Main Street Bookends of Warner | Speedy Printing |
| Bow Garden Club | Margarita's Mexican Restaurant | St. Paul's School - S&D Coffee |
| Bureau of Facilities & Assets Management | McDonald's | Swenson Granite Works |
| Cantin Design, Inc. | Merrimack County Savings Bank | Taylor Rental |
| Capital City Audio | Merrimack Valley High School Field Hockey | Teddy's Tees |
| Central Paper Supply | Team/Spirit Team | The Barley House |
| Cimo's South End Deli | Merrimack Valley Voice | The Centennial |
| Colonial Village Pharmacy | MTS Associates | The Common Man Restaurant |
| Concord Boys and Girls Club | Mulligan's Restaurant | The Country Spirit Restaurant |
| Concord Camera Store | NE Delta Dental | The Red Blazer Restaurant and Pub |
| Concord Monitor | Nestle Waters North America | The Shea Family |
| Concord School District | New Hampshire Motor Speedway | The UPS Store |
| Concord TV | NH Audubon | Time 4 Change Embroidery |
| Constantly Pizza | NH Distributors | Weathervane |
| Contemporary Caterers | NH Hospital Campus Police Officers | Weaver Brothers |
| Creative Signs | NH Technical Institute- Chartwells | WKXL1450 |
| Curves - Epsom | Outdoor World of New England, Inc. | WMUR |
| D. McLeod Florist | | WZID |
| Einstein Bros. Bagels | | |
| Golf Cars of NH | | |
| Granite River Studios | | |

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.**



4 Team
Photo Stations



Registration
Tent



Individual Walkers

Concord
Imaging
Center



Stories of Hope

Welcome
Tent



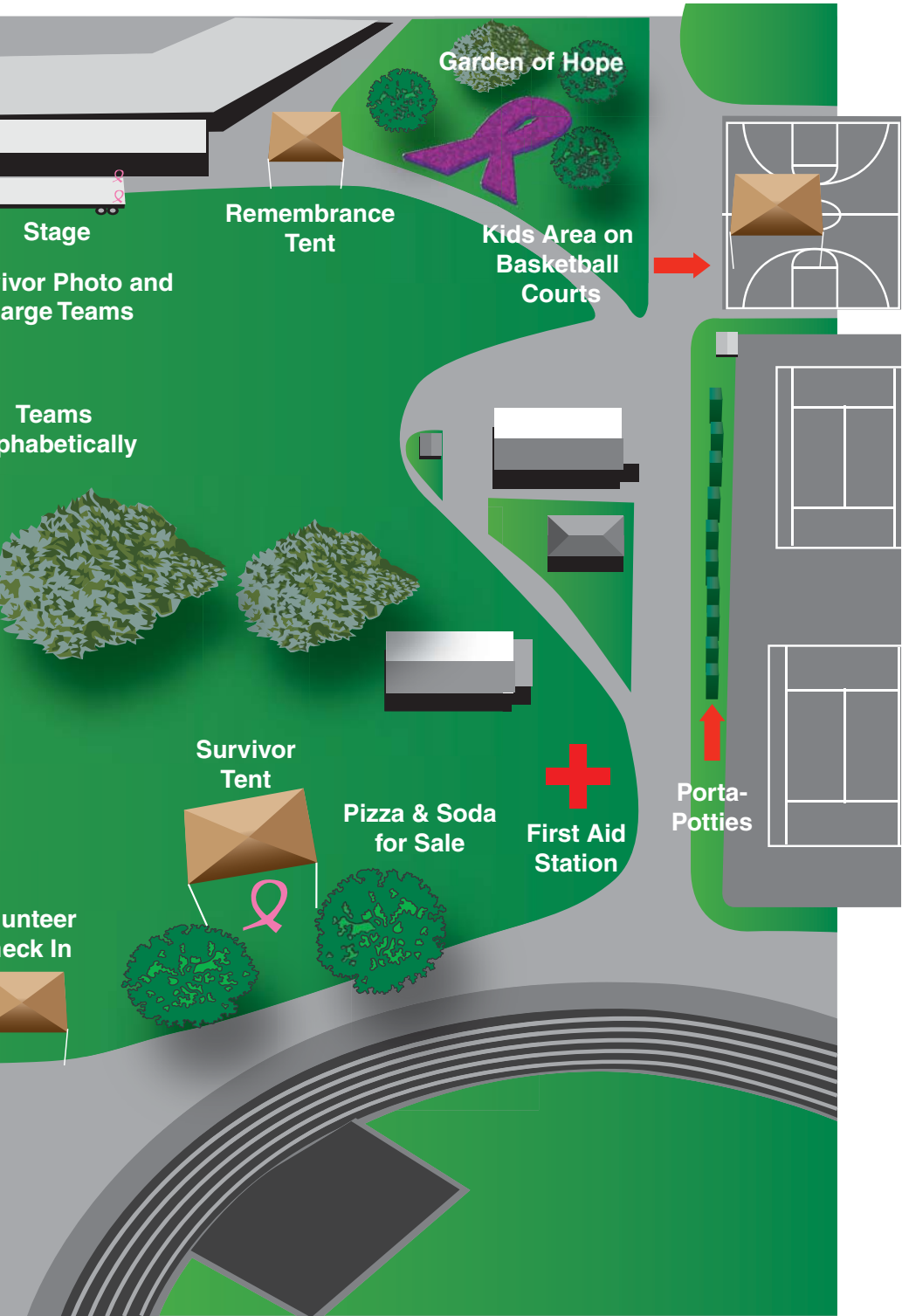
Making Strides
Store



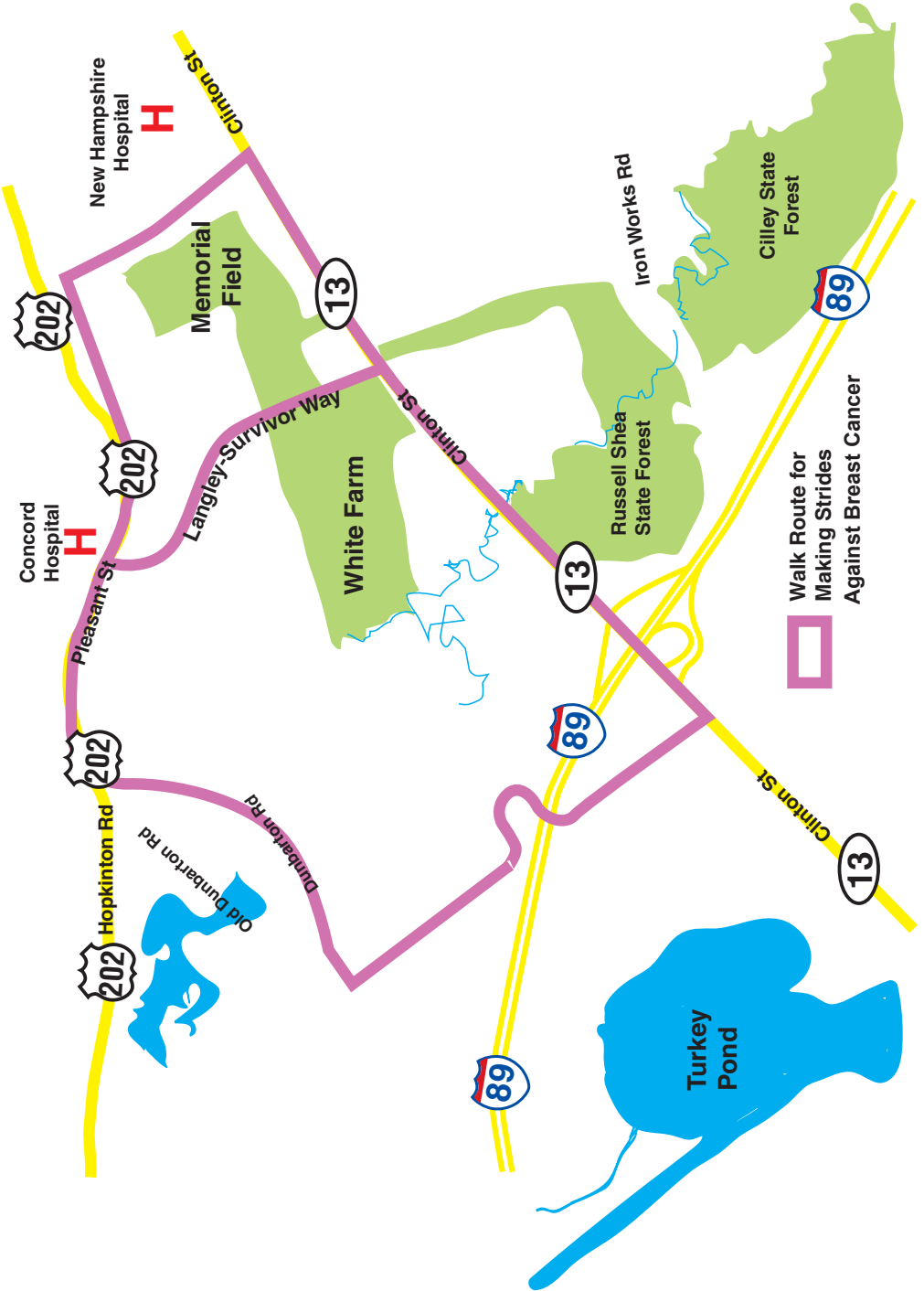
Refreshments
After Walk

Parking Area

MAP



ROUTE MAP



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

Banks Chevrolet-Cadillac, Inc

Johnny Prescott & Son Oil Co.

Laconia Savings Bank

NH Local Government Center

Sanel Auto Parts

St. Paul's School

SILVER SPONSORS

Amish Country Barn

Capitol Alarm Systems, Inc.

Devine Millimet Attorneys at Law

Horizon Settlement Services, Inc.

Lang's Ice Cream

Lincoln of Concord

Sanborn, Head & Associates, Inc.

BRONZE SPONSORS

Automatic Data Processing, Inc.

Bianco Professional Association

Havenwood-Heritage Heights

HealthSouth Rehabilitation Hospital

Heritage Plumbing, Heating, Cooling, Inc.

Ladies of Harley

Merrimack County Savings Bank

Orr & Reno, PA

Shaker Road School

CORPORATE AD SPONSORS

Capitol Alarm Systems, Inc.

Charter Trust Company

Concord Monitor

Concord Regional Visiting Nurse
Association

IBEW LU 490

KCS Advisors, LLC

TD Bank Wealth Management

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

Bea'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

2011 TEAMS—CONTINUED

| | | |
|---|---|--|
| Cure for the Cups | Knockers for Nana | Sisters in Stride |
| Cure4Sure | Leighton Divas/Loggers | Sisters Supporting Sisters |
| Curves Cuties of Bow | Let's Hear it for the Girls | St. Paul's Soul Supporters |
| Curvy Chicas for a Cure | LGC Consuela Crusaders | Strides 4 Mom |
| Dartmouth Hitch-Hikers | Lisa's Walk for Hope | Sue's Super Stars |
| DMV Divas | Little Bit of Green | Sulloway Supporters |
| Donna's Angels | Loudon Ladybugs | Super Friends Fighting Cancer |
| Double Exposure | Lula's Peeps | T/N Rotary Club |
| Eagles FOE 613 | Marching With Marge | TAFAs Trekkers |
| East Side Learning Center | Miracle Walkers | Tammy's Trotters |
| Ella's Angels | Mission Possible! | Target Supports "The Girls" |
| EnergyNorth Propane Fueling the Fight | MOMS Club of Concord | TD Bank Striders |
| FCC Fabulous Maam's | More Than a Handful | Team Bettyann (aka Nanny) |
| Fight Like A Girl | Motivated Caregivers Sur- vivors & Believers | Team Tamsta |
| Fighting to Save 2nd Base | Nana's Navy | Team Tooty Ta-Tas |
| Flora's Supporters | New To You Recycled Fashion | Teens for Tah-Tahs |
| Free The Twins | NHJB Cares | Thanks for the Mammaries |
| Fun Intelligent Training Buff Breasts | NHTI Central Ray Society | The Brady Bunch |
| Gertie's Gang | NHTI Nurses for Knockers | The Breast You Ever Had |
| Goldies Gang | Northeast Delta Dental | The Globe Striders |
| Good Bridges | Orr & Reno | The Rack Pack |
| GPI Wellness Walkers | Pam's Power | The Rehab Rackers |
| Grammy's Gaiters | Parker Academy | The Toothfairies |
| Granite State Twin Peaks | Paws For Bras | The Warriors |
| Hakuna Ma Ta Ta's | Payson Center Pacers | Tilton Travelers |
| Hannah's Bananas | Pearls of Hope | TLC Bust A Move |
| Heidi's Fight for a Cure | Pembroke Academy NHS | Together in Taking Strides |
| Heritage Harley-Davidson- Bikers for Boobs | Pink Diamonds | Tough "T" Team |
| Hillsboro Health Strides with Pride | Pink Power Girls | Treasured Chests |
| Hootin' for Hooters | Pink Ribbon Promise | Trinity Baptist Church |
| Hope Chest | Pink Tornados | Trish's Troopers |
| Hope's Marvelous Mamo- Grams | Post 59 Cans | Tucker's Treasure Chest |
| Horizon Settlement Services | Powerful in Pink | Upton & Hatfield, LLP |
| Inter-Rack | Preserve The Goodies | Walkers for Healthy Knockers |
| Jazzercise of Concord | Proctor Academy | Walking for JOY |
| JFJJ | Quilting Hotties For Hooters | Walking For The Girls |
| John Stark Regional High School | Rockin' Robin | Walsh Walkers |
| John Stark Volleyball | Ro's Buds | Watt's Warriors |
| Julie's Jewels | Rundlett Rocks | We Support Your Front & We've Got Your Back |
| Just for Jill and Judy too! | Sarah's Soldiers | Wednesday's Women Walking |
| Justine's Stars | Save Our Weapons of Mass Distraction | Workman's Warriors |
| Kathy's Crusaders | Save the war in my rack | Yorks Dorks for Linda |
| Kids for a Cure | Saving 2nd Base | Zonta Advancing the Status of Women |
| Kingsmen Kickin' Kancer | Scooters For Hooters | |
| | Shaw's Wellness Walkers | |
| | Sheila's Spirit | |
| | Sister Survivors | |

THANK YOU TO TODAY'S INDIVIDUAL WALKERS!



MAKING STRIDES
Against Breast Cancer®



Making Strides Against Breast Cancer in New Hampshire

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' Network**™ 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 |
| DIRECTOR OF TEAMS: | Kathi Russ |
| CO-DIRECTORS OF LOGISTICS: | Tina Smith and Mare Shea |
| DIRECTOR OF REFRESHMENTS: | Kathy Wyle |
| EXECUTIVE ADMINISTRATOR: | Debra Brown |
| AMERICAN CANCER SOCIETY: | Matt Lyman |

COMMITTEE MEMBERS:

Michelle Arruda, Melissa Bianchi, Celine Boucher,
Shelly Carchide, Pati Edwards, Sue Forey, Kat Hitchmoth, Jack LaFlamme,
Starr Manus, Diana Menard, Judy Odom, Jennifer Pebbles,
Pat Powers, Aimee Tucker, Marla Walsh

**Thank you to the Friends of Strides and ALL the volunteers who help us in so
many ways to make this day a success!**

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

2011 FLAGSHIP SPONSOR



**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 photocopying 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.