

# BRIGHT RUN

Thank you for 10 years of supporting  
breast cancer research in Hamilton.



BRIGHTRUN.CA

BRIGHT RUN 2017 - September 9, 2017.

April 7 2017

## No Fooling –April is Here!

Time is flying as we head toward the BRIGHT RUN's 10th anniversary. Hard to believe it's already April.

Ann Najbor is tiny in stature but huge when it comes to enthusiasm. In this month's eNewsletter, learn more about the BRIGHT RUN's sixth survivor spokesperson, who celebrates her 81st birthday May 1!

As well, Dr. Do-Hoon Kim writes about how BRIGHT RUN funding leads to even bigger funding for important research taking place right here in Hamilton.

Calling All Captains provides some great tips on starting small with your fundraising efforts, while our events section has the down-low on a couple of exciting fundraisers in the near future.

And if you're not registered yet for BRIGHT RUN 10, participate in our latest contest. You could be the lucky winner of a brand new pair of pink ribbon Asics running shoes!

Register Now



## Ann Najbor - Survivor Spokesperson Still Committed to BRIGHT.

When Ann Najbor had her first chemotherapy treatment, there were only two chemo chairs at what was then called the Henderson Hospital. Ann sat in one of those chairs 29 times over nine months.

That was more than 30 years ago. Ann, who turns 81 May 1, notes, "We've come a long way since then."

"Now there are three rooms in the Juravinski Cancer Centre for chemotherapy," she said.

"It's not the same at all."

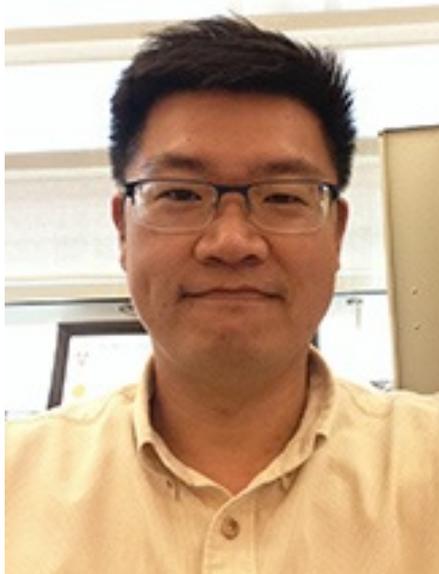
Ann was the survivor spokesperson at the sixth BRIGHT RUN and she remembers the experience as a moving one.



[Read more about Ann](#)



## BRIGHT Funds and Radiation Therapy



By Dr. Do-Hoon Kim, radiation oncologist at the Juravinski Cancer Centre.

I was fortunate enough to be a recipient of a BRIGHT RUN research grant in 2010. With that grant, we started a pilot project looking at once-a-day partial breast irradiation.

Post-operative radiotherapy is an integral part of treatment for women with early breast cancer or DCIS, and whole breast irradiation has been the traditional approach.

Recently, irradiation just to the area of the breast where the cancer started, instead of the whole breast, has garnered interest in the oncology community because most recurrences within the breast occur at the site of the original tumour.

[Read more](#)





Register by May 7<sup>th</sup> for a chance to win!

### Your Chance to Win BRIGHT New Runners!

Don't miss this one –a chance to win a pair of fancy pink ribbon running shoes.

The contest runs from April 3 to May 7. If you register between now and midnight May 7 AND raise at least \$200, your name will be entered in a draw for a pair of Asics GT-1000 shoes, valued at \$150.

These running shoes represent a new echelon of technical performance, with an impact guidance system that improves the foot's natural gait and reduces shock and a system that improves support and stability. They're also really pink and pretty!

The draw will take place in time for Mother's Day. Register now at [www.brightrun.ca](http://www.brightrun.ca) and start fundraising to win!



## Calling all Captains

Welcome to Calling All Captains, a place for team captains to share successes, toss around fundraising ideas and take a look at what—and how - other teams are doing.

As we get closer to our 10th anniversary BRIGHT Run, we'll be providing some tips to help you motivate your team and get the donations rolling in.

But first, let's look at why the BRIGHT Run is unique. Sharing this information with team members and donors is a great place to start.

### BRIGHT Tips

As we head into spring, 31 BRIGHT RUN teams are registered, with 115 participants on the books. And if you've taken a look at our events section, you've seen that several longtime teams have some pretty exciting events planned in the near future. As spring becomes summer and we get closer to the BRIGHT Run 10th anniversary event, those fundraising efforts will gear up significantly.



It takes creativity, energy and planning to raise money. And if you're new at the game, the idea of mounting a fancy event can be intimidating. So start small. Put together a gift basket—chocolate for Easter, seeds, clay pots and gardening tools around



May 24, a beach or barbecue themed package in June. Turn to friends, relatives and local businesses to supply items for your gift basket, explaining what the BRIGHT Run is and why it's important to you to raise money.

Plan a raffle, with permission, at your workplace or that of a team member and create excitement with some simple, colourful posters.

Display the gift basket at specified times in a central location at the workplace and sell tickets, which can be purchased at most dollar stores. You may be surprised how willing folks are to support a good cause!



Visit Captains Corner

We'd love to share your stories and/or your fundraising tips with our BRIGHT RUN eNewsletter readers. Contact Julie Arsenault at [arsenauju@hpsc.ca](mailto:arsenauju@hpsc.ca) or Carm Oliverio at [coliveri@hpsc.ca](mailto:coliveri@hpsc.ca)



## SAVE THE DATE - June 1, 2017

### BRIGHT Run Launch Party

Mark your calendars for 7:30pm Thursday June 1 at Shawn & Ed Brewing Company, 65 Hatt Street, Dundas.

There will be live entertainment, appetizers, as well as SHED lager craft beer available for purchase. Did I mention door prizes? there will be door prizes as well as fundraising displays and more...



### Get Down to Motown

Super BRIGHT captain Joanne Stacey and her team, NOTORIOUS CURE, will celebrate the BRIGHT RUN's 10th anniversary in MOTOWN



### Rock on with ROCKERS 4 KNOCKERS

Live music, door prizes, raffle items, silent auction

–the fifth annual ROCKERS 4 KNOCKERS extravaganza to raise money for the BRIGHT RUN has it all!

Mark your calendar for April 22, when the fun starts at 8 p.m. at The Corktown Tavern on Young Street in Hamilton. Co-captained by Carmela Oliverio and Martin Butcher, the team started as a JCC clinical trials team and was originally called the TRIAL BLAZERS, which took the top team fundraising prizes at two BRIGHT RUNS.

The team name was changed a couple of years ago to ROCKERS 4 KNOCKERS, to tie the team to its annual fundraising night of fun, prizes and live entertainment.

So, rock on with Blacklist Manifesto and Shifty Dickens (the band in which Martin plays!) and bring some cash so you don't miss your chance to win one of the terrific prizes that Martin's wife Tanya Butcher, a six-year breast cancer survivor, works on for months in advance.

To purchase tickets, which are \$10 each, contact Martin at [butcherm@hhsc.ca](mailto:butcherm@hhsc.ca) or Carmela at [coliveri@hhsc.ca](mailto:coliveri@hhsc.ca)

style with an exciting BRIGHT RUN fundraising dance party May 18.

The fun starts at 8 p.m. at Emma's Back Porch Lodge on Old Lakeshore Road in Burlington.

"Walk with us or run or just donate, as every little bit helps to fund our local communities and the too many women being diagnosed," Joanne said.

"Our team is notorious and more committed than ever to being one of the biggest fundraisers at this year's event!"

Dubbed MOTOWN DOWNTOWN, the event also supports Burlington's new Foundation for Cancer Wellness, partners with the Camisole Project and the Cancer Kindness Initiative, celebrates NOTORIOUS CURE team members and welcomes new members.

A \$25 ticket will get you a signature MOTOWN Margarita, munchies and a night of dancing to the tunes of an on-site DJ. Bring some extra cash for raffle tickets and dig out your MOTOWN duds as there will be a prize for the best-dressed MOTOWN couple. As well, the Mother's Day contest winner will be announced. The prize is a hair makeover by Studio B, Brock Stacey in Burlington. The contest is open to women diagnosed with breast cancer in the past year.

For tickets or more information, call Joanne at 905-512-1508 or email her at [jandbstacey@gmail.com](mailto:jandbstacey@gmail.com)



# WE NEED YOUR HELP

## Calling all volunteers

If you or someone you know is interested in volunteering for BRIGHT Run this year please email [volunteer@brightrun.ca](mailto:volunteer@brightrun.ca) or apply at <https://www.brightrun.ca/volunteer/>

We are looking for volunteers for lobby ticket sales, community events and of course the 10th Anniversary of the BRIGHT Run.

Apply to Volunteer



## A Word About Our Sponsors

The BRIGHT RUN doesn't magically appear. It takes a lot of work by our team of volunteers and we depend on our wonderful sponsors to pay the freight. That's why all the money you raise goes directly to breast cancer research. We couldn't do it without our sponsors.

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