

BRIGHTRUN

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



BRIGHTRUN.CA

BRIGHT RUN 2017 - September 9, 2017.

January 19, 2017

It's a BRIGHT, New Year

Welcome to 2017, an exciting year for the BRIGHT RUN.

We're celebrating the 10th anniversary of the little event that could!

It's a milestone for every person involved in the BRIGHT RUN, which was started by members of the Juravinski Cancer Centre's Breast Cancer Disease Site Group and was embraced and supported by patients who wanted to give back to the place where they received their treatment.

The BRIGHT RUN is unique in its unabashedly local character. The money that is raised here, by people in our own community, finances breast cancer research projects right here, right now.

As we head toward BRIGHT RUN 2017, we're taking a monthly walk down Memory Lane with profiles of our survivor spokespeople, those who have shared their breast cancer stories with event participants each year. This month, read about Nancy McMillan, the retired Grimsby banker who told her story at the third BRIGHT RUN. Nancy is bundle of BRIGHT energy who chairs the event, as well as leading her own team and so much more.

We're also proud to tell the story of BRIGHT RUN executive committee member Michele Cardoso, who recently won the prestigious Pat Mandy Award. The annual award honours an employee who embodies the HHS values of respect, caring, innovation and accountability and whose commitment to diversity makes the HHS hospitals more welcoming and nurturing.

As well, pick up some pointers on mammograms. Yes, our favourite thing! Remember to book yours.

[Register Now](#)



Help the BRIGHT RUN's

Laura Fortino Make Captain!

Voting for captains of the 2016-17 Canadian Women's Hockey League (CWHL) All-Star teams has opened and you can help our own Laura Fortino win one of the coveted spots.

Laura, Hamilton's own Olympic gold medal hockey player, is no stranger to BRIGHT folks – she has been a vibrant and popular presence at our event for the past two years.

In 2016, Laura took on an expanded role as our Honorary Team Captain, making appearances at a variety of community events. And she became the captain of her own BRIGHT RUN team, Fortino's Crazy 8s.

You can vote once every 24 hours.



[Vote for Laura](#)



BRIGHT RUN Executive Member Wins Prestigious HHS Award

Michele Cardoso, a member of the BRIGHT RUN executive committee and the sponsorship subcommittee, has won the Pat Mandy Diversity Award.

Pat Mandy is a former vice-president at Hamilton Health Sciences (HHS) and former CEO of the Hamilton Niagara Haldimand Brant Local Health Integration Network (LHIN).

The annual award honours an employee who embodies the HHS values of respect, caring, innovation and accountability and whose commitment to diversity makes the HHS family of hospitals more welcoming and nurturing.

[Read more about Michele](#)



Nancy McMillan: The Dynamic Spokesperson for BRIGHT RUN #3

By the time Nancy McMillan took to the stage to address participants and volunteers at the third BRIGHT RUN, she was three years past the start of her own cancer "process."

She believed then—and still believes—she is "in a better place" after her breast cancer diagnosis and treatment.

"I'm not shy and I'm not afraid to share my story. I want to take the stigma and fear away from cancer," Nancy said. "It's not scary; it's something you need to work through."



[Read more about Nancy](#)



Mammograms Are Your Friend –Really!

Early detection of breast cancer through mammogram can mean significant health benefits, including increased treatment options and better survival rates. And although the idea can be intimidating, the mammogram process itself is very quick and straightforward.

The Ontario Breast Screening Program (OBSP) offers free screening to women aged 50 to 74 with no signs of breast cancer.

[LEARN MORE](#)



Upcomming BRIGHT Events



Party Down for Breast Cancer Research!

Mark your calendar now because you don't want to miss a great night out.

BRIGHT RUN team In It Together hosts its third annual breast cancer fundraiser on Feb. 25 at The Pour House at 1125 Fennell Ave. East in Hamilton.

Last year's evening of music and fun pulled in about \$1,800 and the team hopes to do even better this time out. The event will feature a set by The Silence, featuring Walter Cernile, Brian Jagger, Wes Hahn, Jamie Cameron and Pete Stampone, who hopes to see a lot of Barton Reunion folks at the event. The Silence will be followed by a full night of Ragdoll featuring Robin Benedict.

In It Together is captained by Donna Stampone, a breast cancer survivor whose family has a history of the disease. Come out and support the team and breast cancer research right here, right now.



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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