

BRIGHT RUN

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



BRIGHTRUN.CA

BRIGHT RUN 2017 - September 9, 2017.

May 4, 2017

Let's Have a BRIGHT May!

The showers are sure to give way to sun – soon, we hope – as the calendar pages flip ever closer to the 10th anniversary BRIGHT Run September 9 at the Dundas Valley Conservation Area.

This month, read about the survivor spokesperson at the seventh BRIGHT Run, Har-Lee Yake, a young breast cancer patient who epitomized courage and left a beautiful daughter full of sass and seriousness.

As well, find out why Navneet Sharma, a 36-year-old breast cancer patient and mom of two, believes it's important to participate in research studies aimed at improving the care and experience of young patients.

Learn about the impact of exercise among breast cancer patients and get to know James MacRae, who answers our Five BRIGHT Questions this month.

We've got some tips for team captains in Calling All Captains. Check out upcoming fundraisers in the events section and make sure to save the date for this year's Team Captain Launch Party, set for June 1st.

One of the highlights of each year's BRIGHT Run is the silent auction, chock full of amazing items large and small. The silent auction team is working already to make the 10th anniversary outing the best yet. We welcome donations for the silent auction. Please touch base with Nancy McMillan (nancy@brightrun.ca) or Lee Prokaska (lprokaska@outlook.com) if you have items to contribute.

Rock on, BRIGHT folks, we're getting closer and closer to BRIGHT Run 10!

Register Now



A Very Young Daughter Remembers

Aliyah Zakss will be six years old on Sept. 27. She is a whirlwind of activity, anticipating Senior Kindergarten graduation with excitement, showing off her new boots to anyone who will look.

Aliyah has a very serious side too. It surfaces when she talks about her mother, Har-Lee.

"We have lots of pictures of Mommy," she says solemnly. "The pictures sometimes make me cry about Mommy because she's not here.

"I look a lot like Mommy," Aliyah continues, her face brightening with pride. "She had the same colour eyes as mine."



[Read more about Aliyah](#)



Five BRIGHT Questions For: James MacRae



James MacRae is a dad, an event planner and president of Entrevista Ltd.

When, how and why did you get involved in the BRIGHTRun?

I got involved as part of the original BRIGHT set-up team in 2008. I had been helping out with site plans and venue contracts for the Life After Breast Cancer symposium when the idea was hatched to create an activity-based event for our local community in breast cancer to participate in.

[Read more from James](#)



RUBY: Research to Help Young Breast Cancer Patients

A financial advisor and mom of two, Navneet Sharma of Milton represents a small proportion of those diagnosed with breast

cancer – women under the age of 40.

“For young women, breast cancer is very impactful on the whole family,” Navneet said. “The cancer fear is engrained in our society. When young women have cancer, it is very hard for the family.”

Because of her desire to help other young breast cancer patients, Navneet is participating in RUBY, a national study involving 62 researchers and clinicians at 44 institutions and clinics across Canada. At the Juravinski Cancer Centre, Dr. Nicole Hodgson is a principal local investigator and recruitment for the study is ongoing.



[Read more about Navneet](#)



Register by May 7th 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 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.



BRIGHT Tips

Some teams have an abundance of physically fit people for whom the prospect of walking or even running five kilometres is no big deal. But not all of us are of that persuasion, so it's a very good idea to ensure your team members are ready to take to the trail when the big day comes.

There are many online sources aimed at helping people prepare for a run or walk. Here's one that provides some terrific advice on how to make sure you and your team members are ready to go:

Learn more

Your employer, or the employer of a team member, can be one of your best fundraising friends. Employers are often open to fundraising events on site and may even help you out with set up, prizes, or corporate donations.

Some employers have matching gift programs that can significantly increase your fundraising total. The idea is a simple one: employee donates an amount to a charity and the company matches that gift by donating the same amount.

So check with your employer about a matching gift. Even if there is no formal program, you may find your employer willing to help after watching you and your team work so hard to raise money. Make sure that when you approach the employer, you're armed with information about the BRIGHT Run and where the funds go.

Remember, there's no harm in asking. And you may end up with a substantial fundraising boost!



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 or Carm Oliverio at coliveri@hpsc.ca



Save these dates! - BRIGHT Events

YOU'RE INVITED!

BRIGHTRUN Launch Party!



JUNE 1, 2017 | 7:30 PM

SHED BREWING CO. 65 HATT ST, DUNDAS

RSVP to arsenauju@hpsc.ca or coliveri@hpsc.ca

Door
Prizes!

Craft Beer
available for
purchase

LAUNCH PARTY IS COMING!

Put a big BRIGHT pink circle around Thursday, June 1 – it's launch party time!

Join us again this year at SHED Brewing Co., 65 Hatt Street, Dundas, as we launch the BRIGHT Run's 10th anniversary with a terrific evening of fun, entertainment, prizes, and celebration.

There will be craft beer and non-alcoholic choices for purchase, as well as free gourmet appetizers provided by The Brux House. We'll have special guests and musical entertainment and the premiere screening of Rachel Platten's "Stand by You," BRIGHT Run style.

You'll have a chance to win door prizes or nifty centerpieces, as well as raffle tickets to purchase for special prizes.

The fun starts at 7.30 p.m. Team captains, sponsors and vendors are welcome. Please RSVP by May 24 to nancy@brightrun.ca, arsenauju@hpsc.ca or coliveri@hpsc.ca



Grimsby Garage Sale(s)

BRIGHT captain Nancy McMillan and her team, McMILLAN'S MADCAPS will be on the driveway Saturday, May 6 to meet all your garage sale needs!

Hit Dorchester Drive in Grimsby from 8 a.m. to 1 p.m. for the annual street sale. Make sure to stop at #120, where McMILLAN'S MADCAPS will be peddling tables full of terrific pre-used stuff – luggage, fabric and yarn, home décor items, puzzles, books and everything else you can imagine - to raise money for the BRIGHT Run.

Get Down to Motown

You should have MOTOWN DOWNTOWN already in your calendar for May 18, but just in case you need a reminder, BRIGHT captain Joanne Stacey and her team, NOTORIOUS CURE, celebrates the BRIGHT Run's 10th anniversary with a fundraising dance party May 18. The party starts at 8 p.m. at Emma's Back Porch Lodge on Old Lakeshore Road in Burlington.

A \$25 ticket will get you a signature MOTOWN Margarita, munchies and a night of dancing to the Motown tunes of an on-site DJ.

MOTOWN DOWNTOWN

Join our Motown Dance Party

THURSDAY, MAY 18, 2017 AT 8 PM

EMMA'S BACK PORCH LODGE
2084 OLD LAKESHORE RD BURLINGTON

\$25 TICKET INCLUDES A SIGNATURE *Motown Margarita*

PRIZES FOR BEST DRESSED
FOOD & RAFFLES AT 10 PM

In support of:
F4CW
 Foundation for Cancer Wellness

Proud to be partners with:

Jurovinski Cancer Centre
BRIGHTRUN
 Joelle's
 JOSEPH BRANT HOSPITAL
 EXQUISITE WINES
 STUDIO 8

Tickets are limited, contact Joanne Stacey: jandbstacey@gmail.com or (905) 512-1608

Bring money for raffle tickets and dress up your Motown best as there will be a prize for the best-dressed Motown couple.

For tickets or more information, call Joanne at 905-512-1508 or email her at jandbstacey@gmail.com

See all BRIGHT Events



Make a BRIGHT contribution!

JOIN OUR TEAM OF VOLUNTEERS

Calling all volunteers

If you or someone you know is interested in volunteering for BRIGHT Run this year please email 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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