

Registration now open for BRIGHTRUN 2016

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BRIGHTRUN.ca



Thank you for supporting breast cancer research at the JCC.

BRIGHTRUN 2016 - September 10, 2016.

September 1, 2016

## Only Eight More Sleeps??

It's hard to believe, but we have only nine more big sleeps before the 9th annual BRIGHT RUN takes to the trail at the Dundas Valley Conservation Area! Where did the summer go?

Each year, the BRIGHT RUN is honoured to welcome our survivor spokesperson, who tells her story as we prepare to walk or run our five or one kilometre route. Read about this year's survivor spokesperson – our BRIGHT Light – Donna Stampone, a two-time cancer survivor whose extended family has an intimate relationship with breast cancer. Donna will take the stage on Sept. 10 to remind us why the BRIGHT RUN is so important.

Help us welcome newly registered teams and their captain and read about some of the generous community partners who make it possible for the BRIGHT RUN to happen—and for all the money raised to go to research. See all y'all bright and early Sept. 10!

[Register Now](#)



## My BRIGHT Story



Meet Donna Stampone, BRIGHT RUN 2016 Survivor Spokesperson

Cancer is no stranger to Donna Stampone's family.

Seven women in her family have battled breast cancer. It took her grandmother 30 years ago. Her mother, Wilma Prosia, died this past March at age 69. Her aunt, Rita Calcagni, is living with breast cancer.

Donna's own breast cancer diagnosis came in August 2009, 22 years after she had mantle radiation treatment for Hodgkins's lymphoma, a cancer that starts in the lymphocytes, part of the lymphatic system.

Her cancer doctor at the time, hematologist Dr. Ralph Meyer, told her that studies suggested she had a higher risk of breast cancer about 22 to 26 years after the treatment she received as a 17-year-old.

Dr. Meyer is now president of the Juravinski Hospital and Cancer Centre and regional vice-president of Cancer Care Ontario for the Hamilton Niagara Haldimand Brant (HNHB) Regional Cancer Program.



Donna was screened for breast cancer every year from the age of 30. Despite knowing she was at increased risk, the breast cancer diagnosis at age 39 was devastating.



"I had beaten cancer already, said Donna, a youthful bundle of energy who teaches Grade 7 with the Hamilton-Wentworth Catholic District School Board.

"I had two young children. I called my husband, crying uncontrollably. Waiting for confirmation from the surgeon was the longest week of my life."

She opted for a double mastectomy, saying "I needed to do what I could to give myself the best possible chance. That was a double mastectomy."

During her visits to the cancer centre, Donna saw brochures about the BRIGHT RUN, the annual event that raises money for breast cancer research at the Juravinski Cancer Centre.

"I was attracted right away," she said. "I wanted to give back. I was drawn to the event."

So, the weekend before her surgery, Donna and a team of family and friends participated in their first BRIGHT RUN. In roughly two weeks leading up to the event, her team raised about \$5,000.

"Participating in the BRIGHT RUN gave me tremendous strength and courage to go into my surgery," she said. "At that point, I thought to myself, I can do this. I can beat this and I will beat this."

Since its first outing, Donna estimates that her team, In It Together, has raised between \$4,000 and \$4,500 each year. Her children Siera, 19, and Jacob, 16, have grown up around the BRIGHT RUN. Siera

has volunteered at the event and Jacob's band, The Number Stations, performs at the event. Husband Pete, a staunch supporter, has organized numerous fundraising events over the years.

Read More about Donna



## Calling All Captains



Congratulations to first-time captain Diana Beckley and her team Beckley's Family and Friends. The team's garage sale/bake sale/craft sale last month raised \$2,000 for breast cancer research in our region. Awesome job folks!!

**BRIGHT RUN**  
*statistics*

<b>Registrants:</b>	<b>353</b>
<b>New Teams:</b>	<b>33</b>
<b>Returning Teams:</b>	<b>33</b>
<b>Total Teams:</b>	<b>66</b>
<b>Total Raised:</b>	<b>\$70,332.50</b>

\* Note: Statistics are accurate as of August 22<sup>nd</sup>, 2016.

### Top Tip:

The day of the BRIGHT RUN is almost here. You and your team members have worked hard to raise money and to make sure your sponsors have been properly thanked for their donations. How about a little thank-you treat for your team members as they hit the trail with you Sept. 10 after all that work? It doesn't need to be extravagant. Could be a little baggie of pink candies to munch during the walk/run. Or a modest coffee shop gift card. Or a hand-written note in a thank you card. Or a pink ribbon sticker for their faces. Whatever it is, it will tell your team members how much you appreciate and value their hard work and their friendship.

### Welcome Aboard!

We're super thrilled to welcome new teams to the 2016 BRIGHT RUN!

Say a big BRIGHT hello to the following new captains who have registered their teams:

Lauryn Cumming and her team Ancaster

Victoria O'Connor and Team Victorious  
Violet Gasparro and Orange Boobie Crush

And welcome back to the following veteran captains who have registered teams for the 2016 BRIGHT RUN.

Amy Welsh and her team BGH Big or Small,

Avalanche –Atom Girls Hockey Team  
 Theresia Candy and Candy’s Crushers  
 Kelly Johnson and Cindy’s Troopers  
 Mithula Tharmebala and Double D’s  
 Samantha Drover and Droverire  
 Donna Stasiuk and Fight for the Rack  
 Lila Bielicz and Lila’s Lubbies  
 Erzsi Safranyos and Maplecrew  
 Joanne Stacey and Notorious Cure  
 Melody Taylor and Pretty in Pink  
 Vesna Dragas and Team Hot Flash

Save em’ All  
 Leslie Ubbels and Breast Intentions  
 Neil Turchyn and Jenna’s Joggers

We’d love to share your stories with our BRIGHT RUN eNewsletter readers. Contact event chair Nancy McMillan at [nancy@brightrun.ca](mailto:nancy@brightrun.ca) or eNewsletter content coordinator Lee Prokaska Curtis at [lprokaska@outlook.com](mailto:lprokaska@outlook.com)

Visit Captain's Corner



**Gift Cards for Top Fundraisers**

**ADULTS:**

- \$25 gift card for \$500 raised
- \$50 gift card for \$1000
- \$100 gift card for \$2500

**YOUTH:**

- \$25 gift card for \$200 raised
- \$50 gift card for \$500
- \$100 gift card for \$1000

**TEAMS:**

- \$250 gift card for \$5000 raised
- \$500 gift card for \$10,000

**Lots of Chances to Win, Win, Win!**

Remember to get your tickets –lots of them –for your chance to win one of the three fantastic prizes in the Fly & Ride BRIGHTRUN Raffle.

Tickets are \$5 each or 5 for \$20 at the BRIGHT RUN raffle and penny sale table from 10 a.m. to 2 p.m. at the following locations:

- Sept. 1: Juravinski Cancer Centre lobby
- Sept. 6: Juravinski Cancer Centre lobby
- Sept. 7: Juravinski Hospital lobby
- Sept. 8: Juravinski Cancer Centre lobby



**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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