Welcome to the 23rd Annual

Sunday, October 18, 2015
Memorial Field, Concord, NH

TODAY’S PROGRAM

11 AM–12:30 PM Registration and Team Photos
The Garden of Hope & Remembrance Tent
Survivor Place, Kid’s Spot of Hope, Stories of Hope

12:40 PM Opening Ceremonies
Welcome Remarks, Debra Brown, Volunteer Event Chair
Flagship Sponsor Remarks, Dr. Joseph Venus, Concord Imaging Center
Survivor Procession & Group Survivor Photo
American Flag Presentation, US Naval Sea Cadet Corps Newport Division
National Anthem sung by Caroline Carter, Miss Winnipesaukee 2015

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 until after the singing of the National Anthem.

Celebration After The Walk
After you complete your walk, enjoy refreshments generously donated by area businesses. Please join us at the stage at approximately 3:00 pm when we announce the total amount raised. We will also announce the Team & Participant Pacesetters.
Strong and United. Let’s Finish the Fight

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.

Day of Event Details:
A guide to your Making Strides Experience

Assistance: Our Ambassadors (bright green shirts) are on the field to answer your questions.

Portable Restrooms: Located at the field, at the half way point of the walk route, and on Survivor Way.

Registration Tent: Located to your right as you enter the field. There is no registration fee.
Upon registration, you will receive your REGISTERED PARTICIPANT wristband.

For Team Leaders to turn in additional donations:
Team members should meet their Team Leader 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 are welcome to have a team photo taken anytime between 11AM-12:30PM. Just gather your team and 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 team photo. For large teams of 25 or more, your photo will be taken at the stage.

Refreshments Prior To The Walk: Pizza and light refreshments will be available for purchase from the Strides Refreshment Tent. All profits benefit Making Strides Against Breast Cancer. (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 Information Tent: Volunteers will answer questions. Programs, route maps and “I Am Making Strides For” stickers are available. Survivor sashes available here and at Survivor Place.
• The Garden of Hope: This beautiful, permanent garden maintained by volunteers is dedicated to all who have been touched by breast cancer. Located beyond the team area, to the right of the stage.
• Remembrance Tent: This is a quiet area to reflect on those we have loved deeply and will never forget. It is located near the Garden of Hope.
• Stories of Hope Display: Many of our Team Leaders 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. Location is to the left as you enter the field.
• Kid's Spot of Hope: Children are invited to the Kid's area on the tennis court to participate in a craft activity and fun! All children must be accompanied by an adult.
• 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 Place
Survivor outreach for survivors, caregivers and their families

The Making Strides Committee and the American Cancer Society welcome all those who have been touched by breast cancer. The experience of a cancer diagnosis is as unique as each individual so it is critical that survivorship be inclusive to all. This includes all ages and all stages of cancer – those who are newly 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, their caregivers and families to join the survivorship community at Survivor Place. Be amongst others who have shared the unique challenges of a cancer diagnosis and survivorship. Experience friendship and camaraderie, healing and the support of each other. Survivor Place offers comfortable seating, snacks and American Cancer Society volunteers who are available with resources to help guide you and answer any questions about programs and patient services of the American Cancer Society. Before long, you and your family will realize you are not alone.

At Survivor Place, you will have the opportunity to offer hope, provide strength and make a difference to someone newly diagnosed. Create a Circle of Hope, Courage or Strength bracelet and attach a note with your personal message. Your words of encouragement and Circle bracelet will be given as a gift to a newly-diagnosed breast cancer patient in our community.

Survivors are invited to begin gathering in front of the Information Tent at 12:30 to take part in the Survivor Procession to the stage for the 2015 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 envelope in the Survivor Place tent to receive a copy of the photo.

Concord, NH is the #1 Making Strides fundraising event in the country out of the 300 Making Strides events held throughout the country.
Our 2015 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

**Gold Survivor Way Sponsor**
Sanel Auto Parts Company

**Gold Finish Line Sponsor**
St. Paul’s School

**New England Sponsor**
New England Chevy Dealers

**Silver Kid’s Spot of Hope Sponsor**
Shaker Road School

**Silver Team Photo Station Sponsor**
Concord Pediatric Dentistry

**Silver Story of Hope Sponsor**
Charter Trust Company • McDonald & Kanyuk, PLLC

**Pink Ribbon Sponsors**
Banks Chevrolet-Cadillac, Inc. • Capitol Alarm Systems, Inc. • Johnny Prescott & Son Oil Co. • Havenwood-Heritage Heights

**Water Station Sponsors**
Dartmouth-Hitchcock Concord • HealthSouth Rehabilitation Hospital • Merrimack County Savings Bank • Nortrax

**Bronze Sponsors**
ConvenientMD Urgent Care • NH Oncology & Hematology, PA • Northeast Delta Dental • Orr & Reno, PA

**Friends of Strides Sponsors**
Bianco Professional Association • Century 21, Circa 72, Inc.

**Hope In-Kind Sponsors**
Associated Grocers of New England, Inc. • Henniker Septic Speedy Printing & Copying • Taylor Rental Concord

**Media Sponsor**
Concord Monitor
Handicap Parking Only

Selfie Station
#ConcordStrides

Refreshments
After Walk

Stories of Hope Display

Making Strides Store

Survivor Photo and Large Teams

Survivor Place

Pizza & Soda Sale

Information Tent

Registration Tent

Central Imaging Center

Kids Spot of Hope on Tennis Courts

American Cancer Society Cancer Action Network

Remembrance Tent

Restroom

Portable Restrooms

Garden of Hope

Chevy New England

Display

Kids Spot of Hope on Tennis Courts

Portable Restrooms

American Cancer Society Cancer Action Network

Remembrance Tent

Restroom

Central Imaging Center

Chevy New England

Display

Bins

Pizza & Soda Sale

Information Tent

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Kids Spot of Hope on Tennis Courts

Portable Restrooms

Garden of Hope

Survivor Photo and Large Teams

Survivor Place

Selfie Station
#ConcordStrides

Stories of Hope Display

Making Strides Store

Ribbon Tattoos for Sale

Refreshments
After Walk

Handicap Parking
Only

Volunteer Check In

Volunteer Check In
A Special “Thank You”

Advantage Signs for their tremendous donation of team signs to be used every year. Thanks to Russ Aubertin for his dedication and commitment to Making Strides.

City of Concord – Code Enforcement Department, General Services, Park & Recreation Department and Police Department for their continued partnership and assistance.

Boys and Girls Clubs of Greater Concord, Havenwood-Heritage Heights, St. Paul’s School and Shaker Road School for the buses and drivers along the route.

Kite & Crew for their pride in preparing Memorial Field for the event each year.

D. McLeod Florist for hosting Team Leader Headquarters and for donating flowers and greenery for the Survivor Place Tent and the stage.

Pleasant View Gardens for their continued generosity of beautiful flowering plants for the Garden of Hope.

And to the Bow Garden Club for taking the time to design and plant the Garden season after season.

John Prescott for his decades of volunteering to help us work smarter, not harder.

Becky Kinhan for generously lending her time and graphic talent, allowing us to share the spirit of Making Strides with our community.

Thank you to all the volunteer photographers who share their time and talents with us:

Aaron Baker, Caroll Blake, Geoff Forester, Alex Girardin, Roger Laro III, Ralph McMechen, Wendy Ramsey, Jeff Spoor, Michael St. Germain, Art Swenson, Katherine Stearns, Ron Wilbur

Please visit www.concordphotoservice.com to order event team photos online.

Thank you for saying yes to Hope!

We would like to thank the greater Concord community for helping the American Cancer Society make sure people facing cancer receive the support and services they need, when and where they need it. Thanks to improvements in treatment and early detection, more and more women are surviving breast cancer. New technological and research breakthroughs offer so much more hope for the future and they would not be possible without your generous support.

We are here because we said yes to finishing the fight against breast cancer, yes to more technology, yes to more research, yes to more dollars raised so we can say “Yes to Hope!” Whether you have made participating in Making Strides Against Breast Cancer a tradition or this is your first event, thank you for making a difference in our community.

~The Volunteer Planning Committee

Save the date!

Making Strides Against Breast Cancer
Sunday, October 16, 2016

For information on how you can Make Strides by becoming a sponsor or forming a team, contact chair@concordstrides.com.
The American Cancer Society is helping people get well, stay well and fight back against breast cancer.

- 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 31 Lodges across the country and three in New England: in Boston, Worcester, and Burlington, VT.
- We offer online patient-to-patient support through our Cancer Survivors’ Network® at cancer.org/csn.

For cancer information, local resources and support, contact the American Cancer Society anytime, day or night: 1.800.227.2345 | cancer.org
2015 Making Strides Against Breast Cancer
Volunteer Planning Committee

Chairperson: Debra Brown
Director of Survivorship: Donna Wilbur
Director: Cydney Dodge
Director of Publicity: Kimberly Laro
Director of Sponsorship & Teams: Kathi Russ
Director of Logistics: Tina Smith
Director of Refreshments: Kathy Wyle

Committee Members

Logistics: Kat Hitchmoth, Jack LaFlamme, Mare Shea
Publicity: Danielle Krautman, Sue Forey, Melissa McAllister, Bridget McKerley, Becky Kinhan
Refreshments: Liesl Hasenfuss, Maureen Herrick, Jen Pebbles
Survivorship: Lori Bresnahan, Jennifer Burzycki, Margaret Dinger, Ann Forrestall
Shelly Genest, Donna Kuethe, Patti Labrie, Laurie McDonald
Terri Peick, Karen St. Louis, Pauline Steinmetz, Joyce Welch
Teams: Celine Boucher, Heather Ralphs, Pati Edwards, Michelle Frost, Lynn Keach
Judy Odom, Pat Powers, Paula Roberge, Sam St. Laurent, Kathy Stone

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

2015 Flagship Sponsor:

Concord Imaging Center

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 NH Print & Mail Services for donating the printing 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.