

Why Do We Walk?

Meet Team B Cups toasting their goal to walk 60 miles in 3 days!

From left, Pam Burke, Lynn Blue, Suzanne Alexander, & Freddie King



Walking is a very personal decision. Cancer is also very personal. It's personal whether it affects you and your health or the health of someone you love.

"We all know someone who has been diagnosed with cancer or someone fighting this disease, or someone who has lost their life to breast cancer, or someone who has survived," says Pam Burke, member of Team B Cups, a group of four women from Topsail Island, North Carolina, committed to raising money for cancer research by participating in the Susan G. Komen 3-Day Walk for the Cure in Washington, D.C.

These strong, dedicated, determined women—Suzanne Alexander, Lynn Blue, Pam Burke, and Freddie King—are training for the challenge. Three days. Sixty miles. There is no mistaking that this walk is a challenge, but they all agree that the walk is nothing compared to fighting breast cancer.

"Last year at the Atlanta 3-Day Walk, I walked with a friend in celebration of her first year of being cancer free," says Pam.

That friend was Lynn.

"When I realized I was going to have a mastectomy, I talked to someone here on the island who knew firsthand what dealing with cancer was like, Dot Cotman. Dot said she would walk for me," says Lynn. "That was very important. That was the beginning. Last year, I chose to walk as a celebration of being cancer free for one year, and my good friend Pam walked with me.



Breast Cancer Awareness Woozie
Part of the proceeds from the sale of each Breast Cancer Awareness Woozie product goes to support Team B Cups and their walk.

We here at Woozie believe in Team B Cups and their efforts to fight breast cancer and raise awareness and money for cancer research.

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Approaching my second anniversary, I have decided to walk again because last year's walk was such an inspiration to me to see people coming together for a cause as important as finding a cure for breast cancer."

By doing the walk in Atlanta in 2009, Pam and Lynn brought awareness to the cause in all of the lives they touch, plus they inspired others to get involved by donating and giving moral support. In the case of friends Freddie and Suzanne, they both committed to walk with them in this year's 3-Day Walk in Washington, D.C.

"I walk in honor of Lynn, my dear friend and breast cancer survivor," says Freddie. "I also walk in support of my family and friends who have loved ones that have breast cancer or that have lost someone to breast cancer."

They all agree that the time had come to "do" something, to participate in something that was bigger than what just one person alone could do. They wanted to be a part of the bigger cause to help bring as much awareness to breast cancer as possible.

"It started by me wanting to walk for Lynn," says Suzanne. "And as I thought about it I realized how many ways I've been touched by this cancer—my sister and first cousin, three friends and relatives, the list goes on and on. Too many. You always wonder when you're going to be next."

"I know what you mean," agrees Pam. "I also walk because of my husband's mother, but most importantly, I walk for my granddaughter and her generation. My hope is that they will only learn about breast cancer from a history book."

"I will live with cancer every day for the rest of my life," says Lynn. "And that's not something I want anyone else to ever have to go through. So in October, we four will join thousands of others walking for the cure."

One person turns into four, four turns into thousands, thousands turn into hope.

Hope for the Cure. Hope for Tomorrow. Hope for Today.