

Why Susan G. Komen's 3-Day Walk

When asked why they decided to participate in a Susan G. Komen walk, the Team B Cups members—Lynn Blue, Pam Burke, Freddie King, and Suzanne Alexander—sat in silence for a moment before answering. It was almost as though they were surprised at the question.

"There was never a question that I was doing a Komen walk," says Lynn. "I trust them."

"It was the only choice," agreed Pam. "They know what they're doing—where the walk is concerned and particularly in what they're doing for breast cancer."

Both Pam and Lynn trained in 2009 for the Atlanta 3-Day Walk for the Cure in celebration of Lynn's one-year anniversary of her breast cancer. In October, the two will be joined by Freddie and Suzanne when they all walk 60 miles in three days, this time in Washington, D.C.

"I'm very comfortable that the money raised is well used," says Pam.

"All you have to do is look up what's happening today in the area of breast cancer research and you'll see the name Susan G. Komen somehow involved," says Freddie.



We here at Woozie® believe in Team B Cups and their efforts to fight breast cancer and raise awareness and money for cancer research. Part of the proceeds from the sale of each Breast Cancer Awareness Woozie® product goes to support Team B Cups and their walk.



Team B Cups—Pam Burke, Lynn Blue, Suzanne Alexander, and Freddie King

“Every major advancement in breast cancer research, treatment, education, and prevention in the last 25 years has been touched by a Komen for the Cure grant,” says Pam.

“It’s an organization that people recognize and know,” says Lynn, “which is very important when you’re asking people to donate money for a cause.”

“And that’s especially true now that we’re in such difficult economic times,” says Suzanne. “But cancer doesn’t stop just because times are tough . . . and neither should the goal to **stop breast cancer in our lifetime.**”


It all started with two sisters. The story is all too familiar. One sister—Susan G. Komen—was diagnosed with breast cancer. Ultimately, she fought hard against her cancer with her family and sister by her side each step of the way. In the end, Nancy G. Brinker promised her dying sister Susan she would do everything she could to end breast cancer. Through that promise, the Susan G. Komen for the Cure® was born and the world’s largest breast cancer movement began.

We’ve all heard about the walks held in our local communities and cities around the world. We’ve all recognized the significance of pink ribbons. Pink is practically synonymous with Susan G. Komen. But did you know that today, **Komen for the Cure® is the world’s largest grassroots network** of breast cancer survivors and activists fighting to save lives, empower people, ensure quality care for all and energize science to find the cures?

More than 100,000 volunteers and activists work through more than 120 Komen Affiliates to mobilize more than 1.5 million friends and neighbors every year through events like the Susan G. Komen Race for the Cure® which has become the world’s largest and most successful awareness and fundraising event for breast cancer.

Thanks to events like the one Lynn, Pam, Freddie, and Suzanne are participating in, the organization has invested nearly \$1.5 billion to fulfill its promise, becoming the largest source of nonprofit funds dedicated to the fight against breast cancer in the world.

“At some point during that first year after I was diagnosed, I promised myself that I would walk and I did,” says Lynn.



“But not everyone can walk,” says Suzanne. “There are many ways that you can be a part of finding a cure to this terrible disease.”

“People can donate, to a person or a team or just to the cause and the organization,” says Pam. “Their website is full of ways to get involved.”

For more information on breast cancer, research and grants, the Susan G. Komen organization, donating, volunteering, the walks, plus photos and stories of breast cancer survivors, go to www.Komen.org. Facts for this article about the Susan G. Komen organization courtesy of their official website.

Next: What’s It Like At the Walk