

FROM THE GLOVEBOX OF THE PRESIDENT

How did we get involved with the "Race against Breast Cancer"?

Our interest in doing a charitable event began more than two years ago. It had been an idea of our old friend Klaus Leiders in a discussion with Sylvia Finley. Klaus left the area soon after, but Sylvia began talking up his wonderful suggestion. After becoming President, I recognized that PCA National wanted to see the Regions do more charitable events. National was so interested in promoting these events that it began offering special rebates and annual awards as high as \$3,000 to the Regions.

We currently had a community service, but no charitable event. Next, I read a very interesting article in the July 1996 edition of "Panorama". It was about the "Y Me?" organization. "Y Me?" is a support organization for those diagnosed with breast cancer. Well, after reading this article, I was sold on the idea of a charitable event to support the fight against breast cancer. Maybe we would decide to give the proceeds to "Y Me?". I talked about it at the monthly PCA meetings and everyone was supportive. But, what exactly would we do? At the same time, Mark Finley was continually urging us to do more autocrosses. When we had the Thunder Valley Autocross this year, I noticed a couple of things. Number one: the participants were asking for more first class autocrosses like Thunder Valley. Number two: first class autocrosses cost a lot, and we had a hard time covering costs.

John and Nancy Siner approached me with the idea of having an autocross at the Kingsport Speedway. We looked at the track, and it looked good, but I dragged my feet on doing anything about it. I still wanted to do a charitable event to support something like "Y Me?", but I wasn't doing much about it. What happened next was that my own wife, Connie, was diagnosed with breast cancer. This is what prompted me to finally get the ball rolling.

The key to success was getting everything donated - that way, all the entry fees could be applied to the charity. Mark and I met with Jerry Simpson, the General Manager of the Kingsport Speedway, and asked that they donate the use of the speedway. At Thunder Valley, the cost had been \$500. Jerry and the speedway's owner, Joe Loven, said "Yes". Next, we thought it would be great if we had T-shirts for all the participants. I went to Dennis Lane, owner of "Magic Prints", and asked him to donate some T-shirts. Dennis said that the magic word was cancer, and agreed to do fifty shirts at a maximum of two dollars per shirt (with our own custom design). Fifty shirts would normally run about \$350. We then went to Rick Hill Imports and asked if they would cover the cost of the

plaques for the winners. Gerry Cardwell laid the groundwork with Joe Martino, and Joe said "Yes". That would be between \$150 and \$200. At that point, there was only one other major cost left, and that was the rescue squad cost of \$30.00 per hour of the event. We called Mark Vance, Director of the Sullivan County E.M.S., and dropped the question. Mark was on board immediately and enthusiastically worked out an arrangement between the Sullivan County E.M.S. and the Kingsport Lifesaving Crew to do the event at no cost to us. This would save between \$150 and \$200.

It looks like this an event that was just meant to be. Say a prayer for great weather and a safe event on Sunday, November 9th at the Kingsport Speedway. All of the money raised will be donated to The Breast Cancer Research Foundation.

Please come out and support this worthwhile charity by participating. The Speedway is going to be a superb place for an autocross and a whole lot of **FUN**.

Hornie



A CURE IN OUR LIFETIME

What a difference a ribbon makes!

Join us in our fight to eradicate breast cancer in our lifetime by making a donation to THE BREAST CANCER RESEARCH FOUNDATION, which supports clinical research into the causes and treatment of breast cancer at outstanding medical institutions nationwide:

- Cancer and Leukemia Group B, Chicago, IL
- Columbia Cancer Research Network of Florida, Aventura, FL
- University of North Carolina—Lineberger Cancer Center, Chapel Hill, NC
- Georgetown University Medical Center, Vincent T. Lombardi Cancer Research Center, Washington, DC
- Mayo Clinic, Rochester, MN
- Memorial Sloan-Kettering Cancer Center, NY, NY
- Swedish Medical Center Tumor Institute, Seattle, WA

- University of California—San Francisco, CA
- University of Pennsylvania Cancer Center, Philadelphia, PA
- University of Texas M.D. Anderson Cancer Center, Houston, TX
- University of Washington, Seattle, WA & Sarah Lawrence College, Bronxville, NY

Make a donation. Make a difference.

Make checks payable to:

The Breast Cancer Research Foundation
767 Fifth Avenue, 40th Floor
New York, NY 10153

A 501(c)(3) Organization

Here are hotlines and web sites that offer help and services:

AMERICAN CANCER SOCIETY
(Up-to-date breast cancer information and referrals to patient services.)

1-800-ACS-2345

NET: <http://www.cancer.org>

NATIONAL ALLIANCE OF BREAST CANCER ORGANIZATIONS (NABCO)

(Offers information on all aspects of breast cancer to individuals, organizations and professionals.)

1-800-719-9154

NET: <http://www.nabco.org>

NATIONAL CANCER INSTITUTE

(Now offers state-by-state listing of FDA-certified mammography facilities.)

1-800-4-CANCER

NET: <http://www.fda.gov/cdrh/faclist.html>

Y-ME (For support and counseling.)

1-800-221-2141

NET: <http://www.y-me.org>

Here's to your health:

1. Perform a breast self examination every month. If detected early, breast cancer can be successfully treated, with a 90% survival rate after five years.
2. Have a health professional examine your breasts once a year.
3. Begin having annual mammograms at age 40. Women with a family history of breast cancer or other personal risk factors may need to start earlier, and should consult a breast specialist.
4. Don't smoke. If you do—quit. Smoking accounts for 30% of all cancer deaths.
5. Exercise regularly, at least 3 times a week for 30 minutes.
6. Eat a diet low in fat and high in fiber.