

PINK MOON RUN & WALK
JULY 13, 2013

Register today

hope

A SISTER'S HOPE
FUNDS BREAST
CANCER
RESEARCH TO
SAVE LIVES

Walkers and runners of all ages are invited to participate in the 5th annual Pink Moon Run & Walk bij het Muiderslot on July 13!



A SISTER'S HOPE



Fifth annual Pink Moon Run & Walk bij het Muiderslot has power

One Saturday evening could fund a full research project for one year

The first-ever Pink Moon Run & Walk was held at the mystical, beautiful 12th-century castle known as Muiderslot in July 2009. Participants endured constant rain a couple of years, and other years got to experience the magic of a clear, moon-lit night. Regardless what the weather might be, individuals and families gathered in the castle courtyard in solidarity of helping researchers find a cure for breast cancer.

Franky's Friday Femmes Fatale equestrian team - 4-time Dutch

Champions - joins the festivities each July and promotes A Sister's Hope for months. This year the team is holding a special event on June 30 to help two of their team members raise enough funds to participate also in the 60K Walk on Oct. 5&6 in Holland.

Kids can buy an activity card to do a few activities and at the end of the day there will be 2 spectacular events: jump competition and a battle between 6 men and 6 women from the equestrian team.

At these 2 events, people can bet on the winner and how high the jump will end. All of this will happen at the riding school, Googweg 9a in Muiderberg.

The Pink Moon registration fee is just 28 euro and includes a beautiful technical shirt! Bring your family, friends, neighbors to walk or run under the Pink Moon. Give a Sister Hope.

Register NOW

research funds needed

Prof. Peeper, NKI	70,000
Dr. Linn, AVL-NKI	69,000
Dr. van Gelder, MUMC	14,000
other proposals	>900,000

7th annual A Sister's Hope
60K Walk - October 5&6



2013

A Sister's Hope produces events throughout the year to raise vital funds for research to save lives

Take a Swing at Breast Cancer golf tournaments



2013

fund-raising tips:

ASK. ASK ANOTHER.

1. BE CLEAR ON YOUR GOAL

When you approach people to ask them for a donation, tell them why you chose to do the 60K and give them a suggestion on what amount they might want to donate (i.e. \$1 per kilometer)

2. BE CONFIDENT

It is a fact: lots of people do not feel comfortable asking people for donations. Try to think of it this way: finding a cure is not free, and in tough economic times, the need for private funding for research is greater than ever. If you don't help fund researchers, who is going to do it?

3. BE PROUD

Most people you know never will give up their time and effort to try to raise 1500 euro and they will not give up a relaxing weekend to go walk 60 kilometers. But you are different. You are willing to do just that, and it is something of which you can be proud.

4. AIM HIGH

Aim higher with your fundraising goal than you think might be possible to reach. Setting a low goal and reaching it has limited satisfaction. Keep reaching for the stars!

5. ALWAYS REMEMBER

... those no longer here to walk with us

Walker actions are spreading word across the country

'We hebben nu 4200 euro, maar ons streven is minimaal 4500'

Diner door A Sister's Hope tegen borstkanker levert 1840 euro op

'S-GRAVELAND - Voor een uitzonderlijk lekker stukje Black Agnus-vlees legden de gasten van het A Sister's Hope diner in 't Swaentje deze week in totaal 1840 euro neer. De opbrengst komt ten goede aan de stichting die zich inzet voor de genezing van borstkanker.

'Naast de entrecote van de Black Agnus werden er in totaal nog vijf andere gangen eserveerd door chef-kok eindert Groen', vertelt initiatiefnemer Maria den Toom. 'Voor 60 euro konden de gasten ook genieten van onder andere een lekkere aspic, een schelfvisje en tot het einde een mousse van chocolade.' De glazen daartoe waren goed gevuld, de drank was inbegrepen.

De 1840 euro werd opgeteld bij het al opgehaalde bedrag door initiatiefnemers Maria den Toom, Mariëtte Steenvoorden en Marianne Hartog. 'We hebben nu 4200 euro, maar ons streven is minimaal 4500', vertelt Den Toom. Op 5 en 6 oktober van dit jaar wil het drietal meedoen met de A Sister's Hope 60k-walk. Hiervoor wordt een minimaal startbedrag van 1500 euro gevraagd.

Het is de tweede keer dat Den Toom meedoet. 'Een goede vriendin van mij is een tijdje geleden overleden aan de gevolgen van borstkanker.

De eters met in het midden de initiatiefnemers en chef-kok eindert Groen. (Foto: Ymkje van 't Riet)

Ze was pas 39 jaar toen zij werd aangevallen door de borstkanker. Het was een zware strijd, maar zij besloot ze mee te doen met de 'walk'. De gevolgen van de ziekte zijn nu nog steeds merkbaar, maar zij zegt dat ze er trots op is dat zij nog leeft.

60K Walk Update

Dr. Sabine Linn from the Netherlands Cancer Institute needs significant funding - we are talking about 250,000 euro - to effectively proceed with one of the many promising projects that can help lead researchers to more effective treatments and, ultimately, a cure. Prof. Daniel Peepers, a world-renowned skin cancer researcher who now finds himself deep into research on a protein potentially responsible for breast cancer metastasis, needs a minimum of 70,000 euro to keep his project in motion. Wendy Onstenk, an Erasmus Medical Center researcher, needs 68,000 euro to conduct her circulating tumor cells project which also hopes to shut down metastasis. There are many others. And they come to A Sister's Hope for funding because the other funding sources for breast cancer research have not come through for them. The need is great. The need is now. If you personally know someone who is fighting breast cancer at this moment, you fully understand the urgency of our actions.

So, if you are not yet registered for the 2013 A Sister's Hope 60K Walk, this is your moment.

Register for the 60K today.

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We thank the following sponsors for their support:

