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Special thanks to:

The 2003 Komen Portland Race for the Cure® Committee
Lifewise • Pioneer Printing and Stationery • PowerBar
Sally Booth Graphic Design

Form a Team

Getting started

- A team consists of 15 or more people.
- Teams can be co-ed and can include children of all ages. (children five and under are free but must register with the team)
- Team members do not have to participate in the same events on Race day.
- Teams can register and raise funds online or by mail but must choose one option for the entire team. Teams are strongly encouraged to register online.
- Team applications must be received no later than Friday, August 22nd.
- Team captains are responsible for tracking their member's registration.
- Only those teams registered by August 22, 2003 will qualify for an award.

Registering your team

Teams can register either by mail or online, **NOT BOTH**.

For easier registration we encourage teams to use our new online registration. All forms and instructions to register your team are located online at www.racefortheure-pdx.org or email RFTTeams@earthlink.net for details. Team captains also must fill out a team packet.

All teams registration forms and fees must be completed and received by August 22, 2003.

Team online fundraising

Online pledges are a fun and easy way to help Komen Race for the Cure® have its most successful year ever! Set up a personalized web page and encourage each team member to set up his or her own race home page (free of charge) when registering. Once a page is set up, email it to friends, family, and co-workers and ask them to make an online donation on your behalf for this year's Race. Emphasize that this process will not require team members to collect and turn in money – it is all done online.

Team members who raise pledge donations will be credited individually with raising pledges, as will their team. Awards will be given in the following categories:

- Top Fundraising Friends and Family Team
- Top Fundraising School Team
- Top Fundraising Corporate Team
- Highest Team Pledge Average
- Largest Friends and Family Team
- Largest School Team
- Largest Corporate Team
- Best Team Name



Race Contributor

Can't make it downtown on Race Day and still want to continue your support? Be a Race Contributor.

Support the Susan G. Komen Breast Cancer Foundation by registering as a Race Contributor either online or by mail. We will mail you an official Race T-shirt and commemorative pin after the Race. Also, you can still participate in our pledge donation program and earn great prizes for your fundraising efforts.

Celebrate Survivors!

Komen Survivor Celebration Luncheon

September 13, 2003, noon to 2:00 p.m.
Oregon Convention Center Ballroom
\$15 for survivors and \$20 for guests

In support of breast cancer survivors, we are happy to present the 11th annual luncheon to celebrate survivors! This is not a fundraiser, but a celebration of survivors and features a fashion show by Talbots, modeled by survivors. Invitations will be mailed in July to all survivors who registered for last year's Race. If you are not on that list, you may request an invitation by visiting our website at: www.racefortheure-pdx.org or by calling the Race Hotline at (503) 553-3680.

Survivor Activities at the Race

A Tribute to Breast Cancer Survivors

Breast cancer survivors who wish to be recognized may pick up their complimentary pink cap and pink t-shirt provided by Zeta Tau Alpha and RE/MAX. We would like to recognize those special people who have been touched by breast cancer. "In Celebration of" back signs will be available for all Race participants. The breast Cancer Survivor recognition Program is sponsored by Zeta Tau Alpha and RE/MAX.



Decked in Pink® Tent

Presented by **Fred Meyer**. Breast cancer survivors are invited to visit this tent for complimentary food, goody bags and special treats on Race day! The hours are 7:00 to 11:00 a.m. Show your pink survivor bib number for entrance.

Survivor Photo

Race day at 11:15 a.m. (following Awards Ceremony). Survivors are invited to pose for a group photo. Complimentary photos will be available to survivors by request, two weeks following the Race.

Finish Line

A rose and a survivor pin will be given to each survivor at the finish line. There will be 5 awards for survivors as follows: top 3 overall breast cancer survivors as well as the first place Master Survivor and the first place Senior finisher.

Volunteer at the Race

Volunteers! We need you!

Volunteers are vital to the Race's success, and there is something for everyone to help with. Even if you're participating in the Race, we could use your help throughout the summer as well as before and after the event. Fill out a volunteer form on our web site, www.racefortheure-pdx.org, or call the Race Hotline at (503) 553-3680.

Starbucks Coffee Company Volunteer Donation

Please join the Starbucks team and give back to the race. The Starbucks Make Your Mark program for every hour volunteered will give \$10 back to the Susan G. Komen Foundation (up to \$10,000) for your volunteer service at the race. Please stop by the Starbucks Make Your Mark booth the day of the race and sign the Make Your Mark registration form. Help Starbucks make a difference in the community and support the Susan G. Komen Breast Cancer Foundation's Race for the Cure®.

Health Expo

Friday, September 12th, 8 a.m. to 7 p.m.
Saturday, September 13th, 9 a.m. to 5 p.m.
Oregon Convention Center, Hall D
777 NE MLK Jr. Blvd., Portland

Come to the Expo to:

- Register for the Race and turn in pledge donations.
- Pick up Race T-shirts, commemorative pin and bib number. The T-shirt coupon attached to your Race number is required for T-shirt pickup.
- Visit exhibits of Race sponsors, health care providers and lifestyle exhibitors.
- Receive health info and free product samples!



Easy online fundraising at www.racefortheure-pdx.org

Pledge Form

To earn the Grand Prize and/or any fundraising awards, all pledge donations must be postmarked by **10/17/03** and mailed to:

Komen Portland Race for the Cure®
1411 SW Morrison Suite 290
Portland, OR 97205

Participant Name: _____
Mailing Address: _____
City, State, Zip: _____
Team Name: _____
Team Captain: _____
Phone: _____ Email: _____

Check here if you wish to donate your pledge prize back to the Race.

Donor's Name	Amount Pledged
1. _____	\$ _____
2. _____	\$ _____
3. _____	\$ _____
4. _____	\$ _____
5. _____	\$ _____
6. _____	\$ _____
7. _____	\$ _____
8. _____	\$ _____
9. _____	\$ _____
10. _____	\$ _____

PHOTOCOPY FORM AS NEEDED.

Pledges are tax-deductible. The tax ID number of the Oregon & SW Washington Affiliate of the Susan G.Komen Breast Cancer Foundation is: 93-1068897.

Thank you!

Row for the Cure®

Sunday, September 14 at 8:00 a.m.
Willamette River

Crews, canoers and kayakers and more will take to the Willamette River on Race Day to help raise money for the 12th Annual Komen Portland Race for the Cure®. For more information or to register as a participant, email us at atraccure@komenoregon.org or call (503) 553-3680.

Free Race Shuttle

New! Local sponsors have teamed up with the Komen Foundation to provide a free Race shuttle to transport you downtown to the race from three local malls. You can park and ride for free. Plan on being at your shuttle location one hour prior to your desired arrival at the Race.

Washington Square Mall Free Shuttle presented by Providence Health System. Bus pickup is at the northeast corner of the mall parking lot on Greenburg Road (next to Les Schwab Tire Center).

Lloyd Center Mall Free Shuttle presented by Kaiser Permanente. Bus pickup location at Lloyd Center Mall, Lloyd Cinemas east parking lot on Multnomah Blvd.

Westfield Shoppingtown Vancouver Mall Free Shuttle presented by Southwest Washington Medical Center. Bus pickup is at the southeast corner of the mall parking lot near J.C. Penney.

All buses will start delivery to the Race at 6:30 a.m. and will run continuously back and forth to the Race until noon. The last bus for each location will leave the downtown drop off point at noon. For more information or directions to the free shuttle locations, log on to www.racefortheure-pdx.org.

The Komen Race for the Cure® - The online resource and fundraising center

The National Toll-Free Care Help Line • 1-800-I'M AWARE • www.komen.org
EASY ONLINE REGISTRATION: www.racefortheure-pdx.org • RACE HOTLINE (503) 553-3680