

Pittsboro Relay Rambler

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Co-Chairs: Carol Esau
Claire Wilson

Web Address: www.pittsbororelayforlife.org



Welcome Message

Carol Esau and Claire Wilson
2005 Relay for Life Co-Chairs

The 2005 Pittsboro Relay for Life Planning Committee is in place and moving full speed ahead to generate new ideas for our next Relay. We had so much fun and success in 2004, we knew it would be hard to top so we're starting early! As a matter of fact, we never really stopped! We consider the Pittsboro Relay for Life a year round event and hope you do as well. Most of last year's committee is back, plus we have 5 excellent new additions to the team. Our new additions include top team captains from previous years as well as a survivor who has participated in our Relay and others.

The committee is constantly networking with other events worldwide to "borrow" good ideas. Six of our members will attend Relay University in October in Raleigh. The two day event sponsored by the American Cancer Society is packed with workshops on topics such as recruiting survivors, holding successful fundraisers, spreading the word to the community, etc. We will use this newsletter as well as other methods to share what we learn with each of you.

The Pittsboro Relay for Life has gone

global. We are thrilled to have a new sister Relay in Glasgow, Scotland. Their relay is growing just as ours is and we thought it would be cool to share ideas with each other. This Relay found us on an internet search. We continue to have one of the best Relay websites and it just keeps getting better. The web has been an excellent vehicle for us to reach people all over the country. We encourage each of you to visit it often:
www.pittsbororelayforlife.org

Speaking of online, we're working with the ACS to introduce on-line fundraising to our Relay in 2005. There were a few trial sites in 2004 and they were very successful. It's not a guaranteed thing, we have to apply to be an on-line Relay. We plan to petition hard for Pittsboro to be one of the events chosen for 2005. We may need to enlist your help to convince the ACS that Pittsboro is an online community.

It's going to be a busy year for all of us. We have proven that we are a community that takes up the fight against cancer and we're just getting started!! We're confident that we will make our community goal of \$205K in 2005!!

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Upcoming Events

- ◆ 1st Annual Poker Run - September 26th
- ◆ 3rd Annual Golf Tournament - October 15th
- ◆ Bells Angels Fishing Tournament - October 23rd

1st Annual Poker Run - September 26th

The first annual Pittsboro Relay for Life Poker Run is being held Sunday, September 26th.

What is a Poker Run you ask?

Motorcyclists will meet at Friendly Ford in Pittsboro to pick up a playing card. While enjoying a 100 mile scenic ride through beautiful Chatham County they will make stops along the way to pick up more playing cards. At the end of the ride the rider with the best poker hand wins a prize!

The ride is open to ALL riders of ALL makes of motorcycles. Registration begins at 10 a.m. and the ride will begin at 1 p.m.

The entry fee is \$10 per rider. There will be t-shirts and patches for sale, food, music as well as Relay for Life fundraisers on site.

If you'd like to participate, or know someone who would, call Carol Esau at 919-545-0919 or e-mail carol.esau@att.net.

Bass Fishing Tournament

Gail Blackwood, Team Captain Bells Angels

The Bells Angels Relay For Life team is sponsoring a benefit bass tournament with proceeds going to the American Cancer Society. The event will be held on Saturday, October 23rd at the Farrington Boat Ramp on Jordan Lake. Blast off will be at 7 am or at safe light.

The entry fee is \$75 per team. Disbursements will be as follows: \$25 from each entry fee will go to the

American Cancer Society. \$5 of each entry fee will go to a "big fish" pot. The remainder will be paid back 3 places as 50% - 1st place; 30% - 2nd place; and 20% - 3rd place.

Entry forms are located at Farrell and Sons Store on Farrington Road, Big Dawgs Grill on Farrington Road, Wilsonville Store on Hwy 64, Johnny's Sporting Goods in Carrboro, and Craig's General Store on Highway 751. To receive an entry form by mail, contact Gail Blackwood at 919-929-4860 or by e-mail at gail.blackwood@bcbsnc.com.

Did You Know...

In May 1985, Dr. Gordy Klatt, a colorectal surgeon and avid runner, took the first step of his 24-hour walk/run around a track in Tacoma, Washington. He clocked 83 miles, raising \$27,000 to support the American Cancer Society.

Fundraising Ideas

Susan Poe, Co-Chair Team Development

Here are some things that come to mind when I hear that word:

F = fun for everyone!
U = unified teams
N = never-ending
D = dedication
R = resourceful
A = awesome!
I = innovative ideas
S = survivors (*what Relay is all about*)
E = exciting events
R = Relay for Life benefits
S = SUCCESS!!

Has your team started planning yet??

Last year we encouraged you to start your fundraising early so everything wouldn't be taking place in the Spring. Several teams had successful yard sales and bake sales in the Fall, others sold luminaries in their churches at Christmas.

Some new ideas for fundraisers that I've heard mentioned recently are a dog show (*dress up your favorite pooch and "bribe" a judge to vote for him/her*); a flea market (*one team sponsors and other teams rent spaces for vendors, yard sales, etc.*); a New Year's party; and a Valentine's dinner (*events could*

be adapted to any holiday). With as many Relay teams as we have (*and more to come!*), we need to have events scheduled year-round.

We know the Bells Angels team has several things in the works. The first is a Bass Fishing Tournament at Jordan Lake on October 23rd (*another "new" idea this year*). Entry fee is \$75 per team and \$25 of this goes directly to support the American Cancer Society. For more information, please visit our website or contact Gail Blackwood at 929-4860 (H) or 765-2605 (W).

Also on our website, at the "Team Captains Corner" link, you'll find many other fundraising ideas (from A-Z). Meet with your team members and start brainstorming now to come up with some unique, creative ways to start raising monies for the 2005 Relay.

Remember - **our goal for next year is \$205K** - and it will take all of us working together to reach that goal. Don't hesitate to contact Carol (545-0919) or me (776-5397) if you need help or have questions. Past experience has shown that our teams love a challenge - and I feel confident you'll "deliver" once again!!

*"It's about a
community
that takes up
the fight"*

To be removed from our mailing list, please send e-mail to spclark@mindspring.com with "REMOVE" in the first line of the message text.

3rd Annual Golf Tournament

Come out and play Pittsboro's most challenging golf course, The Preserve at Jordan Lake, designed by Davis Love III on Friday, October 15th at 9:00 am. Your \$75 entry fee covers green fees, cart, boxed lunch, refreshments and prizes.

We also have a Golfer's Package available for \$25 per player which will include: 2 mulligans, 1 tee buster, and a raffle ticket.

More information and registration forms are available online.



News from ACS

Cream Approved for Some Skin Cancers

Aldara Now Approved for Superficial Basal Cell Carcinoma

Article date: 2004/07/23

The US Food and Drug Administration has approved a new treatment for some people with a very common form of [skin cancer](#). Imiquimod cream, sold as Aldara, can now be used to treat [superficial basal cell carcinoma](#).

However, it should only be used for people who are not good candidates for surgery, the standard treatment for this type of skin cancer. And it should only be used for cancers on the body, neck, arms or legs, not tumors on the face. The tumors should not be bigger than 2 centimeters (a little less than an inch) across.

The cream is applied once a day. In 2 studies, 364 patients used it 5 days a week for 6 weeks. Seventy-five percent of those patients had no evidence of cancer 12 weeks after treatment. In another study of 182 people, 79% showed no signs of the cancer 2 years after finishing treatment with Aldara.

Most people experienced skin irritation, including redness, swelling, peeling, itching, and burning, in the area where the cream was applied. The irritation went away after they stopped using the cream.

Skin cancer (both melanoma and non-melanoma) is the most common type of cancer in the United States. More than 1 million people develop non-melanoma skin cancer each year, and about 75% of those cancers are thought to be basal cell carcinomas.

People with fair skin are more likely to develop this type of cancer, as are people who spend too much time in the sun without adequate skin protection. Exposure to radiation or some chemicals may also increase [risk](#).

Although basal cell carcinoma grows slowly and is not usually deadly, it does need to be treated to prevent it from growing into nearby tissues or bone.

Aldara, manufactured by 3M Pharmaceuticals, is also approved to treat genital warts and actinic keratosis, a precursor to a different type of skin cancer.



Every American has the potential to get cancer.
And the potential to cure it.

A Reason for Relay

Wandra Farrell 2005 Planning Committee

Send your tax-
deductible donations,
checks made payable
to American Cancer
Society to:

Carol Esau
80 Bluff Trail
Pittsboro, NC 27312

There's no finish
line until we find a
cure!

We're on the Web!
www.pittsbororelayforlife.org

In the fall of 1979, a man was told he had a tumor. A tumor, not cancer! On January 12, 1980 this man died. He was my Grandpa. In late August 1990, a lady was told she had a tumor. A tumor, not cancer! On September 18, 1990 she died. She was my Grannie. On December 21, 1998, a man was told he had a mass on his throat. A mass, not cancer! On December 25, 1999, this man died. This man was my dearest and best friend's husband. In early 2000, a man was told he had a mass in his lungs. A mass, not cancer! On March 10, 2001, this man died. This man was my Uncle.

On December 2, 1989, a baby boy was born. A happy, healthy nine pounder. He was such an active little boy. He loved to work on things and figure them out. He loved keys and loved to open things up and see what was inside. He loved his #1 baby. A

soft, stuffed little green and white rabbit. He loved his family and his baby sister. That baby boy turned into a little man and on August 11, 1997, which happened to be his grandmother's birthday, he was treated for strep throat and enlarged lymph nodes. Strep throat, not cancer! He was seven and a half years old. And on May 10, 2001, this little boy died from this dreaded disease called cancer!! This brave and courageous little boy was my great-nephew. This should not have happened. This should not happen to any child or adult.

Many other friends and family members have been diagnosed with cancer during this time period, some are survivors and others have lost their battle with cancer. It is time to come together and do whatever it takes to find a cure for this thing called CANCER!! Why do I relay? I hope that my small part will help to save the lives of the rest of my family and the many, many friends that I have. GOD BLESS EVERYONE WHO

Pittsboro Relay for Life
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