



Friends for the Cure

Your donation will help us continue to provide life-saving and support services for women, men and their families in the Quad City area. Our focus is serving where the greatest need is, the uninsured and underinsured. The number of financially challenged women will continue to grow during these tough economic times, making it even more important to reach our goal.

Thanks to our signature event, the Komen Quad Cities Race for the Cure, the Quad City Affiliate has invested over \$4.1 million to fulfill our promise to save lives and end breast cancer forever. For the past twenty years, we have funded research and local breast health and breast cancer education and screening projects in our 8-county Quad City service area. At least 75% of the net funds go directly to local programs in our service area; up to 25% goes to our National Award and Research Program.

Join us as we Imagine...Life Without Breast Cancer

Race Participants

INVEST IN OUR PROMISE: If every registered participant were inspired to collect \$200 from family, friends and colleagues, we could raise \$1 million locally for the fight against breast cancer.

- Be Inspired to donate so we can continue to provide local life-saving services.
- Inspire others to donate to our promise to save lives and end breast cancer. Tell everyone you know why you're participating in Komen Quad Cities Race for the Cure®.

By registering for the Race, you've taken the first step. Now, help us finish the race against time. The majority of your registration fee goes toward producing the race. 100% of all donations help fund research and local breast education, and breast cancer screening and support programs. You can help provide life-saving services for uninsured women in Quad City area.

Visit www.komenquadcities.org for fundraising ideas and sample fundraising letters.

Team Captains

Encourage each team member to collect \$200. Provide them with fundraising ideas and sample letters (see our website for ideas).

Coach and motivate team members for success. Once your team members are registered, hold a rally to help generate excitement and educate them about asking for donations and recruiting more participants. Follow up weekly to help and encourage them.

Don't forget to collect donations yourself. As the team captain you set the tone. Besides your own family and friends, contact your company vendors to support you and your team.

We'll award a prize on Race Day for the team with the most pledges per member.

As a team captain, you play an important role in our community's future. With your help we will have ... life without breast cancer!