

Just when you thought I had my head out of my rear

I've Taken Leave of My Senses

(Part II)

It Is OFFICIAL

I have made another major commitment to support the work of The Leukemia & Lymphoma Society and to help by raising funds to find a cure for all blood-related cancers. During the blistering heat of summer (didn't think that one through, did I?), I will train to run 26.2 miles (that's a marathon) in the Marine Corp Marathon in Washington, D.C. on October 25, 2009. I will proudly run as a member of The Leukemia & Lymphoma Society's Team In Training.

My commitment is to follow a rigorous training program to get me conditioned to cross the finish line of the marathon. Please note that I am not trying to set any records here. I have set my goal at finishing. At this point, that will be accomplishment enough.

More importantly, I have committed to raising a minimum of \$2,800 to help The Leukemia & Lymphoma Society sponsor programs of research and patient services. Part of my commitment is to raise half of these funds by July 31, 2009 and the remainder by September 25, 2009.

As with my cycling team in 2004, none of the members of my marathon group is a professional athlete, and most are attempting this monumental feat for the first time, including me. Each mile of the event that I run represents the long road of treatment and recovery that leukemia patients must endure. Each mile of my run is also one mile closer to finding a cure. Tremendous progress is being made. In 1960, 96% of all children diagnosed with the disease died - now over 90% survive. With your help, we can make this 100%!

THANK YOU!

Thank you to everyone who helped me meet my fundraising goal in 2004. I recognize that this is taxing to ask everyone to help me once again, but your support truly added to my success and the success of the Leukemia and Lymphoma Society in its ongoing efforts to make a difference for all blood cancer patients. To those who may be helping me for the first time, any support is appreciated. Turn the page to see how you may help.

WILL YOU HELP?

I have officially started training for the Marine Corp Marathon in Washington, D.C., October 25, 2009, with the Leukemia and Lymphoma Society's Team in Training Program. What does this mean for you?

- ◆ I want your money!
- ◆ I want your time!
- ◆ I want your family and friends!
- ◆ I want your first born child! (Just making sure everyone is paying attention. I know all of you - you can keep your first born (kidding!)).

WHAT YOU SHOULD KNOW

- ◆ My training blog (tippytraining.blogspot.com) will have updates on my training and fundraising progress.
- ◆ Our website contains information on all of our products. Visit www.wildmountainorganics.com to see all of our wonderful products.
- ◆ My personal website, www.pwhoffmann.com, has more information about the TNT program, my honored patient, photos and a journal from my century ride, and information about tarot cards.

What is the Team In Training Program?

The Leukemia & Lymphoma Society is one of the most efficient and best managed charitable organizations in the United States.



The Team In Training program trains thousands of runners, walkers, cyclists and triathletes each year to participate in marathons, century rides, triathlons, and other endurance events.

MY HONORED PATIENTS (why I do this)

Each team member dedicates his or her run/race to a patient. In 2004, I dedicated my ride to Jeremy, a, then, 9-year-old little boy who had been battling Leukemia since he was three years old.

My honored patient this year is Michael Cieslak. Mike was diagnosed with ALL in August of 1992. He enjoys all types of sports especially following the Bills and the Boston Red Sox. He earned his Masters degree in Chemistry from UB in 1999. Mike works out daily at JCC including time on a bike. Mike is a past participant as an Honored Patient in the Team in Training program and he and his family are wonderful supporters of the Society.



Here I am training. Please note there are people behind me. Also note that I am smiling! This was during one of our weekly long runs.

Having ridden 100 miles in Lake Tahoe, I understand the depth of the challenge I am undertaking, a challenge that will continue to test my endurance, mental capabilities, and physical boundaries. I also know that this challenge does not come close to the challenge that all patients, including Jeremy and Mike, must face every day as they go through treatment or monitoring.

<http://www.pwhoffmann.com>

<http://www.wildmountainorganics.com>

<http://tippytraining.blogspot.com>

<http://pages.teamintraining.org/wny/corps09/phoffmann>

WEBER'S GRILLE

My husband and I frequent our local diner, Weber's Grille (excellent food, wonderful service, amazing people). It is across the street from our home in Alden - right on Broadway. Sharon and Jay, the proprietors, have kindly agreed to host an evening fundraising event for me. If you are in Alden on August 5 from 4 to 7 p.m., please stop in. I will be reading tarot cards and selling Wild Mountain Organics. Sharon and Jay will also offer a limited menu. We are expecting the tarot card readings to "sell-out" so if you are interested in a reading, please call me for an appointment (716-937-7036). If all goes well, we may do others.....

HOW TO HELP?

Please consider joining me in my quest to make life brighter for all cancer patients by making an outright donation of \$25, \$50, \$100 - or any amount you feel comfortable with. At least 75 cents of each dollar raised goes toward the Society's mission of funding quality programs of research, local patient aid, community service, and education. All donations are accepted with gratitude and will help me in reaching my goal. Donations benefit local patients.

Tarot card party. Invite me to your home with several of your friends for a tarot card party. When will you ever be able to have a tax-deductible tarot card reading? Likely never. I have been reading tarot cards for nearly a decade. Each reading takes approximately 15-20 minutes and generally freaks people out. I suggest \$25 per reading, but certainly welcome more. It's a great way to get family and friends together to entertain and support an excellent cause. Please call or email for details.

Purchase Wild Mountain Organics. My sister, Pam, and I own an all natural body care company - *Wild Mountain Organics*. Please call or email with your purchase and 50% of the purchase price will be donated to the cause. By calling or emailing you also save yourself shipping costs and taxes. If you order online, I won't know if you are supporting my cause or my company (and I'm not talented enough to figure out how to get that information into the code on the site, so please call or email).

Host a Wild Mountain Organics home party. I can come to your home to tell your future and make your skin feel and look fabulous! Try our products and learn a bit about aromatherapy. I can cater the party to your specific needs so that you feel pampered while supporting a worthwhile cause.

Of course, you may dispense with the fun and just **give me money**. Money may be sent to me directly (13158 West Main Street, Alden, NY 14004). Money may also be given using my secure online presence. Please take a look at my official Team in Training donor page at <http://pages.teamintraining.org/wny/corps09/phoffmann>

If your company has a matching donation program, ask me for more information about matching gifts.