

# FAB FOUR Finishes!



We're back from pounding the pavement! Here's a bit about our experiences:

Peggy

We did it! The idea of raising \$1900 to participate was scary, but then the most amazing thing happened. We found out what wonderful friends and family we had. The outpouring of emotional and financial support was overwhelming. It continued to carry us through 60 miles of walking. As walkers were dropping by the wayside with dehydration, blisters, road rashes (even one broken leg), we sailed into camp with a feeling of euphoria, happiness, pride and strength. We learned that once you set your mind on something and have the support of family and friends you can make a difference. Thank you, thank you, thank you! Now what will do for an encore? Just wait and see.

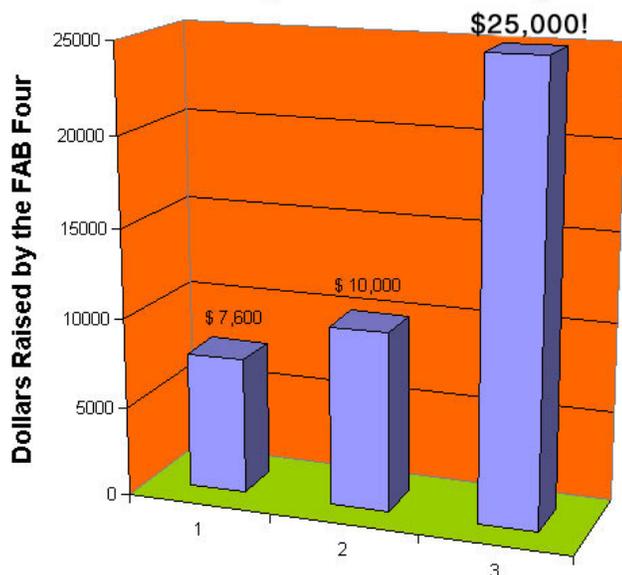


FAB (Females Against Breast cancer) Four on the road, after stopping for Gatorade 5/31/02

Marcy

My gift from the walk was an understanding that "attitude is everything." If you believe, your faith will be rewarded. You can do anything if you set your mind to it. I know this is true now, not only for having walked 60 miles, but the fact that I actually got up with the FAB Four and sang karaoke in front of 1,500 people. The effect the walk had on me was profound yet I am estimating minimal compared to the impact on the breast cancer survivors. "Yes, I can beat this disease. Walking 60 miles is not a problem" There is hope. All I remember from the walk is laughter, joy, and poignant compassion over the whole 60 miles.

## Your Generosity Was Overwhelming!



- (1) Avon Fundraising Requirement,
- (2) FAB Four Fundraising Goal,
- (3) Actual Amount Raised

## Walk Memories

Best drink: Starbucks doubleshots at mile 15  
 Best surprise: "Tent angel" who pitched our tents  
 Best quote: "Oh my gawd, are *you* the FAB Four?"



FAB Four Singing "It's Been a Long Day's Walk"

Deb

This weekend Avon walkers surged forward in a line that was miles long, buoyed by cheerers in lawn chairs and by knowing we each had so many individual emotional and financial supporters. For me, every step of walking with the FAB Four was fun, uplifting, and inspirational. We laughed non-stop at ourselves and with amazement until the emotional closing ceremony. Together, we made a difference, and I can feel the change in me. I'm more confident. I'm more of a team player. And I feel a strong reminder of how very precious life is. Thank you all, family and friends, for your love and support.



Deb (red) points to her home away from home

Sue

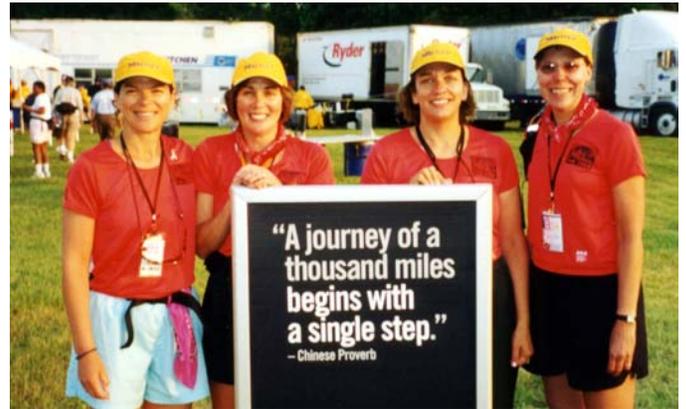
I know we all feel very lucky that we were well prepared and finished the walk in great shape with no injuries. I know I could never have accomplished this on my own, but with three wonderful teammates to encourage and support me, it all became possible. (I'MPOSSIBLE!!)

The local people whose neighborhoods we walked through also played a big part in our success. They cheered us on with everything from clapping, smiles, and thank you's, to sprinklers to cool us off, buckets of ice, and lemonade sitting beside the sidewalks. I have never smiled and laughed this much for three days straight.

Because of our efforts and those of the generous people who contributed to us, more lives can be saved. I am so thankful to have been a part of all of this. These memories will always stay with me.

FAB Four Stats

Number of contributors.....	247
Number of miles each walked in training....	528
Number of hours each walked in training...	132



Deb Merion, Peggy Armstrong, Marcy VanderTuig & Sue McLinden

Where the Money Goes

As a result of this walk, \$5.25 million will go directly to helping breast cancer patients and their families. Of that money, a \$500,000 grant was awarded to Karmanos Cancer Institute in Detroit. For more about Avon and its recipients, go to <http://www.avoncompany.com/women/avoncrusade/services/index.shtml>.

The Avon Breast Cancer Crusade would like to pass along their thanks with this message...

"Right now, somewhere, there is a woman who has breast cancer. And she doesn't know it. She's probably living on a pretty low income. And she has a young daughter. Because of what you did this year she's going to see an early detection notice somewhere. She's going to be able to go to a clinic that gets funding from the crusade. And she's going to find out early enough to survive. She's going to get to watch her daughter grow up, and help her pick out a dress for the prom. She's going to get to see her grandchildren. And her daughter will never have to face growing up without her.

"They may not know that you had anything to do with it, but that doesn't change the fact the you, quietly, without need for credit or glory, re-wrote their history book.

"You have asked for no glory, but you deserve it....."

With love and gratitude, from the

Deb  
Marcy  
Peggy  
Sue



