



September 2011

Dear Family and Friends,

Summer is officially over. School is starting back up and here at the 4K we are gearing up for another year of uniting communities across the country in the fight against cancer during our three cross country bike rides.

2011 was a big year for the 4K as we grew from one cross country ride with 27 riders to three cross country rides with 85 riders. We also increased our fundraising from \$114,000 to \$475,000 allowing us to support an even wider range of organizations that offer direct services to cancer patients.

Our focus in 2012 will be growing the 4K by improving and strengthening our mission. If you have been on our homepage recently you have seen our new mission statement:

4K for Cancer is a non-profit organization dedicated to empowering young adults in the fight against cancer.

Since 2002 when we started as a student group at Johns Hopkins University, we have focused on helping young adults support family members and friends as they navigate their cancer journeys. We felt like it was important for the organization to recommit to these ideas of empowering young adults and serving the cancer community:

1. We have pledged to give \$100,000 a year to fund a Young Adult Navigation Center at The Sidney Kimmel Comprehensive Cancer Center at Johns Hopkins University.
2. We have expanded our partnership with the Ulman Cancer Fund for Young Adults to help better service the young adult cancer community. That partnership includes sharing an office space and resources.

3. We created an Alumni Association to give our former riders a continued voice in the fight against cancer.
4. We are forming Young Adult Cancer Support groups (YACS) at college campuses across the region.

We are excited about the direction 2012 will take us and our ability to offer more support and services to young adults and the cancer community. You can read more about these initiatives in this month's newsletter and on our website.

Cycle, Inspire, Unite.

David Conover
Executive Director
4K for Cancer

New Staff at the 4K

We are excited to announce the addition of two new staff members to the 4K for Cancer Family. Emma Moody and Laura Scruggs will be joining us for a year of service as part of the Volunteer Maryland AmeriCorps program. Emma and Laura are running our new YACS campus groups, leading our community service and cancer support programs, recruiting riders for the 4K, and recruiting runners for Ulman Cancer Fund's Team Fight Program. Welcome aboard Emma and Laura!

Emma Moody

After biking 4,000 miles across the country with the 4K for Cancer, I have decided to work for the organization as the new Volunteer Maryland Coordinator. I am a Cincinnati native and I recently graduated from Miami University in Ohio, where I studied biology and Spanish. As a Volunteer Maryland Coordinator, I will be helping to start a Young Adult Cancer Support (YACS) group on campuses around the Baltimore area. Cancer has affected several of my friends and family members, and I have seen the damage that cancer can do. However, I have also seen what can be done to educate, inspire, and support individuals going through cancer. I am excited to work with the 4K for Cancer and fight cancer through service and support.



Laura Scruggs

I am the new Volunteer Maryland Coordinator with the Ulman Cancer Fund for Young Adults and I am working closely with the 4K for Cancer team to implement and expand student service groups on local university campuses. I recently graduated from the University of Delaware, where I studied Political Science and Spanish and played club softball. Throughout my undergraduate experience I became active in cancer awareness activities to celebrate my grandfather, who is bravely battling cancer for the second time. Spending a year empowering young adults and their families in the fight against cancer seemed like a great way to get involved with the fight against cancer.



Over the past few years I have become very involved in international service work and last fall I co-founded Visions for Haiti, an organization that seeks to bring Haitian college students to American universities. I grew up in Baltimore and I spend my summers in Bethany Beach, Delaware. In the future, I hope to get a master's degree in international development and to continue working in the non-profit world. In my free time, I'm training for road races, visiting my lucky friends that are still in college, watching the Washington Redskins (a complicated relationship, to say the least), or going to the beach!

Ride the 4K in 2012

We are now in the process of accepting applications and interviewing riders for our 2012 rides.

Our routes next summer are Baltimore to San Francisco, Baltimore to Portland, and Baltimore to Seattle.

To learn more about riding with the 4K, visit [Join the Journey](#).



Young Adult Cancer Support

Young Adult Cancer Support is a student organization that works to fight cancer through support and service. YACS was started by the Ulman Cancer Fund and the 4K for Cancer to reach out to students on college campuses and encourage them to get involved and give back to the cancer community.

YACS provides students with volunteer and service opportunities, and also offers support to young adults dealing with cancer in their lives. YACS holds monthly meetings on campus and works to provide patient navigation, support groups, college scholarships, and service. Volunteer events include visits to Hope Lodges, the 4K for Cancer, Team Fight, and patient adoption.

Learn more about our YACS groups at Johns Hopkins University, Towson University, University of Maryland Baltimore County and University of Maryland College Park on our [YACS facebook page](#).



Baltimore Running Festival - October 15, 2011



Join 4K for Cancer in our second year as a charity partner of the Baltimore Running Festival. Lace up your running shoes and join 4K Alumni, friends, family and supporters in running the Baltimore Marathon, Half-Marathon, Team Relay or 5K races.

Runners participating in the 5K Run on behalf of 4K for Cancer will receive the following items with their registration: 4K for Cancer T-shirt, 4K for Cancer Running Jersey, Under Armour performance shirt (men's and women's styles available), and post-race food and beverage. A medal will be given to all finishers.

Registration is now open! We have 3 full/half full marathon spots and 10 5K spots available.

Visit <http://4kforcancer.org/join-the-journey/baltimore-running-festival/> to register.

4K Open House - Wednesday, October 5

The 4K recently moved into our new offices to the [Federal Hill/Locust Point](#) neighborhoods of Baltimore. We are sharing space with the Ulman Cancer Fund for Young Adults and are excited about building upon our partnership with their organization's support of young adults battling cancer.



We will be holding an Open House on Wednesday, October 5 from 500pm to 800pm. Meet 4K and UCF staff. See photos from our 2011 rides and watch our new 2012 Promotional Video. Food and refreshments will be served. Please RSVP on our [facebook page](#).

Address (*we will no longer be using the PO Box mailing address*)
921 E Fort Ave, Ste. 325
Baltimore, MD 21230

Office Phone (*new number*)
(443) 839-0414



©2011 4K for Cancer | 921 East Fort Avenue Suite 325, Baltimore, MD 21230

Powered by [Mad Mimi](#)®