



REBECCA'S RUN FOR A REASON

Rebecca Eberle Bouck

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CORRECTION PLEASE!

Some of you mentioned that the dates in my first letter were confusing.

My apologies!

To set the record straight, my fundraising deadline is **August 25**.

If you have not yet made a donation, it is not too late! Visit my website at <http://www.active.com/donate/tntsdh/tntsdhRBouck>.

Together we can make a difference!

Who's Laughing Now?

A few years ago, a good friend of mine ran the Suzuki Rock N Roll marathon here in San Diego. At the time, I laughed at him for the strange running "food" he ingested. Now, I find myself among the ranks of those who ingest salt packets and running gels while training. Last Saturday, when the team was out running in 90 degree heat and humidity, you'd better believe I was getting all the energy and hydration my body would take! Who's got the last laugh now? —REB



MEET OUR HONORED TEAMMATE



Hi. I'm Rebecca T. and I am a 35 year old San Diego native. I have a lot of "roles" in life – wife, mother, daughter, friend, child advocate....and just recently – Cancer Survivor. I just completed treatment for Hodgkin's Lymphoma. I was diagnosed with stage 2 "A" HL in October of 2005, endured 4 cycles of chemotherapy and 17 daily radiation treatments. It has been a long six months and now I determining how to get back into life.

I think that one of the hardest parts of having cancer and being a survivor is living with uncertainty. Yes, the cancer is gone. Now. But it could come back, I could get another kind. There are no guarantees, and I guess that there never were. But somewhere in the back of my mind, I thought I was immune to cancer. I was healthy and thought I was living my life right – I made time to exercise, was an energetic Mom who loved to go to the zoo, sea world, and the park with my three kids under 6, a healthy eater cooking

organic foods for myself and my family, and a volunteer for foster kids.

However, this experience has taught me a very difficult and important lesson. There are no guarantees in life. There were many days that I could not even pull my body out of bed during the four months of chemo. On those days, I dreamt of running, of being healthy, of feeling sore after exercising or fatigued after a day at the zoo with the girls. I longed to feel alive again. I vowed that if I made it through, I would live life like never before. To live each day with intention.

I hope that no one else has to go through this experience. I pray that a cure is found soon. I want to run a half marathon with TNT in the near future and when I hit a hard patch, I will dig deep to remember those days that I couldn't even get out of bed. I will fight to keep putting one foot in front of the other.

It was a fight to get back to "cancer free". I will keep fighting until we find a cure.

THANKS FOR THE SUPPORT

More than 10 years ago, I stopped running. Why, you ask, would anyone want to stop running? For me, it was knee pain. Little surprise that when I started running again this season with Team In Training, my knees began to hurt again! I have since learned that my knee pain is common for *beginning* runners (if only I'd known that then!) Through the Team In Training network, I got recovery advice and treatment from a chiropractor who specializes in extremity alignment. Thanks to a couple visits to Dr. Chad and TNT support, now, only six weeks into my running, my knee pain is gone! To think that I could have kept running all these years! Thank you TNT for the great support!

And, of course, let me not forget all of YOU have been so supportive! To all of you—my family; my "she's crafty" friends; CFers; WASA women; my Bible Study gals; co-workers; Laura and Kathy, my former co-workers who are always there through thick and thin; Joe, my heckling friend who stopped long enough to express support; Scott for the requisite "Go Tiger;" Carl who's joined me on my Monday morning hill run, and many more! Thank you all for being a part of this significant personal milestone for me. —REB



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RACING TO SAVE LIVES

DONATION FORM

If you would like me to train and compete in honor of someone you care about, please list their name(s) here. I will add their name(s) to my training and race shirts and to special honoree bracelets worn throughout the event:

CONTRIBUTION:

- _____ \$26.20 Two dollars a mile
- _____ \$52.40 Double the fun
- _____ \$78.60 She'd better bring back a souvenir!
- _____ \$100 Enough with the multiples of 13.1 already!
- _____ \$250 Why not? Better than giving it to the government.
- _____ \$1000 My company just went public and I'm trying to avoid personal gains tax.
- _____ Other Why be a conformist?

Remember, your donation is **100% tax-deductible**. The Leukemia & Lymphoma Society's Tax ID is 13-5644916.

HURRY! Right now a donation of \$100 gets you two tickets to our annual Casino Night Fundraiser, "Betting on a Cure." Send a check to the address on the left, or visit my website at <http://www.active.com/donate/tntsdh/tntsdhRBouck>

BETTING ON A CURE

Casino Night Fundraiser for Team In Training
We are betting that we can find a cure for Cancer!

Thursday, September 14, 2006

6:00 P.M. – Midnight

On Broadway Event Center

615 Broadway in the Gaslamp Quarter of San Diego

Live Auction!

Silent Auction!

Raffle Prizes!

Food! Dancing! Fun!

Attire is Black Tie Optional

