

Susan Holden

From: Express Email Marketing [mailer_response@emailcounts.com] on behalf of Surviving Strong [Susan@SurvivingStrong.org]
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To: susan@survivingstrong.org
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In Strength There Is Hope

What an amazing summer!

Kids are back in school. Daylight is getting shorter. Nights are getting cooler. All clear signs that the summer is moving behind us...but what a summer it has been!

For Surviving Strong this summer was one of great accomplishments. We started out building a solid foundation on which to create a strong and lasting organization - legal filings, insurance requirements, financial records all were established. In May, we brought our first small group to a public event: the Philadelphia Broad Street Run. We had five athletes there showing the city that not cancer (or the rain) would slow us down! In July, we brought another group to the NJ State Triathlon, where we continued sharing our message, meeting more survivors and potential coaches. In August we participated in our first official race event expo to share our excitement for the potential of cancer survivors and to do a little fundraising. And just last week we had a spot at the NY Metro Danskin Women's Triathlon expo where we also brought participants to the race. It was a beautiful weekend and a great way to end the "summer."

Over the next few weeks we will be sending out information about some things we are working on: we have amazing coaches and resources that I can't wait for you to meet; we have a fun family fundraiser planned for late October; and we have an incredible project that we are planning for the spring to really show this area how inspiring and strong cancer survivors are!

Stay tuned!

Susan

NY Metro Danskin Women's Triathlon

On Sept 12-13, 2009 athletes from all over the region went to Sandy Hook NJ to participate in the oldest women's triathlon series. Surviving Strong had a great experience at the pre-race expo and did some successful fundraising. On race day, we woke to clear skies and a light breeze and had a fantastic race. Danskin honors cancer survivors, grouping them in their own wave and featuring their own awards category. Check the [latest news](#) on our site for more info and a few pictures from the weekend!

Please pass on the word!

Please forward on this newsletter and word of our group to anyone that you feel might benefit or be interested in [Surviving Strong](#).

Helping cancer survivors and their families live healthy and strong, using fitness -- physical, nutritional and emotional -- as the foundation for every day.

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