



Hello, Victoria here! I am once again a member of **Team In Training**, the world's largest endurance sport training program. This year I'm raising funds for **The Leukemia & Lymphoma Society of Canada** while training for a CENTURY RIDE (100 mile bike ride!). The monies raised help fund research to find new treatments and cures for leukemia, lymphoma and myeloma, and provide critical education, services and support to patients and families battling these cancers.

I will be heading to Hawaii for the race, which will take place on September 28<sup>th</sup>, 2008 in Honolulu.

In 2006, I ran both a half and a full marathon with Team in Training in San Francisco and Vancouver and raised \$5000 for the cause. In 2007, I mentored and trained with TNT's first Western Canada triathlon team and competed in a mini and sprint triathlon on my own.

For 2008, I hope to better my previous amount of \$5000!

A lot of people ask me if I'm crazy and wonder why I am doing all this. Everyone has a personal connection to a cancer, even if they don't know it yet. Over the past 2

years other participants have become a part of my life and I carry all their stories with me. Every time I think of quitting, I think of their trials and tribulations and am thankful that I am healthy and able to participate in these events. This is MY way of making a difference and chance to be part of something for a greater good. **TEAM - i Train, i Endure, we Achieve, it Matters.** That's what keeps me going.

As part of my efforts, I was considering organizing a fancy fundraising event, and I probably would have asked you to help out by volunteering your time, donating services or products, or give me a hand by networking to all of your friends and colleagues to get them to come to the event. Right, and who has time for that? We're all busy, hence, the **Official Non-Fundraiser**. If you (and/or your company) would like to help out financially, that's wonderful! I thank you and The Leukemia & Lymphoma Society thanks you.

Donations can be made by mailing or faxing the enclosed sponsor form to the LLS office or by visiting my website at: [www.isthatyouvictoria.com](http://www.isthatyouvictoria.com) and following the links.

### OFFICIAL NON-FUNDRAISER ENTRY FORM IN SUPPORT OF VICTORIA LAKE

Please check one or more boxes. Place this form and your completed sponsor form (attached) in the mail. Thank you for supporting Victoria, Team In Training, and The Leukemia & Lymphoma Society of Canada.

- I do not want to spend two hours on the telephone soliciting. It is worth \$10 to avoid it.
- I do not want to work at a booth and smile at strangers all night, and will donate \$20 to weasel my way out.
- I do not want to cook, clean, decorate, set up, or tear down. Here's \$30 to evade it!
- I do not want to bike, swim, run, or participate in any other event that involves the word 'endurance'. Here's the \$40 I would have spent on ice packs, ibuprofen and hot water bottles.
- I do not want to hit up my friends, family and co-workers for their time or money, so here is the \$50 Aunt Mildred would have given.
- I really wouldn't have helped anyway, and here is \$75 to forget my name.
- I can't believe you bike for 100 miles for fun, and here's \$100 to ease the pain (maybe you should get help)
- I do not wish to attend any fancy fundraising galas. Here's the money I would have spent on formal evening wear, drinks and valet parking \$\_\_\_\_\_.

Please don't forget to complete the sponsor form attached! Many thanks!

You can also donate online and check my progress at: [www.isthatyouvictoria.com](http://www.isthatyouvictoria.com)