

# the ULMAN CANCER fund for YOUNG ADULTS

The Ulman Cancer Fund for Young Adults' Support Through Sport End of Year Report 2015



July - December 2015



# SUPPORT THROUGH SPORT PROGRAMS

## INTRODUCTION



## OUR MISSION

We change lives by creating a community of support for young adults, and their loved ones, impacted by cancer.

## OUR VISION

We envision a world in which no young adult faces cancer alone.

## OUR VALUES

These are the values that drive and define our work with young adults and their loved ones impacted by cancer:

- Be Human
- Be Better
- Be Courageous
- Be Committed

## OUR PILLARS

We are **G**iving/  
Getting Support



We are **R**aising  
Awareness



We are **I**nspiring  
Movement



We are **D**riving  
Change



# WHAT IS SUPPORT THROUGH SPORT?

## INTRODUCTION

CANCER CHANGES LIVES...  
... SO DO WE!

**Support through Sport** programs at the Ulman Cancer Fund for Young Adults use physical activity as a platform for young adults affected by cancer to give and receive support. These community-based initiatives encourage all individuals touched by this disease to live healthy, active, and fulfilling lives.

Support through Sport programs include the Cancer to 5K training program, Team Fight, the Key to Keys experience, and the 4K for Cancer ride and run across America.

## Meet Our Team!



**Skylar Marcoux**  
Program Coordinator,  
4K For Cancer



**Nicole Muffoletto**  
Program Coordinator,  
Team Fight, Cancer to 5k



**Erica Johnson**  
Program Coordinator,  
UCF Races & Experiences



**Nicole Considine**  
Program Coordinator,  
4K for Cancer



**Sasha Nader**  
Senior Manager,  
Support Through Sport



**Maeve Koch**  
Program Coordinator,  
4K For Cancer



# CANCER TO 5K TRAINING PROGRAM

## CANCER TO 5K

# CANCER to 5K

Cancer to 5K is a free, 12-week training program designed to introduce or reintroduce cancer survivors to physical activity. The program provides survivors with the training, coaching, encouragement and support necessary to complete a 5K (3.1 mile) road race, regardless of their age, current cancer treatment status, or fitness level. **Since the program's inception in 2007, 215 survivors from all over the country have completed the program.**

### Cancer to 5K

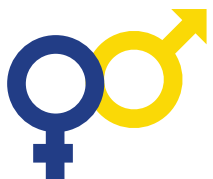
### By the numbers Fall 2015



*All time survivor finishers*  
**215**



*Fall 2015 Survivors,*  
**15 Total Survivors (9 Chicago & 6 Online)**



*Gender of new participants*  
**14 Female  
1 Male**



*Treatment Status*  
**6 Active Treatment  
9 Post-treatment**



*Types of cancer*  
**7 Breast  
2 Blood  
2 Lymphoma  
1 Adenocarcinoma  
1 Colon cancer  
1 Osteosarcoma  
1 Uterine & Thyroid Cancer**



*Physical Activity Level (pre-training)*  
**6 current runners,  
7 participated in other forms of exercise  
2 no current physical activity**



*Volunteers, Fall 2015*  
**22 Sherpas (Chicago)  
17 Coaches (6 Chicago & 11 Online)**



## PROGRAM GOALS & HIGHLIGHTS

### CANCER TO 5K



**A** Completed a sixth season (Fall) in Chicago with six survivors, twenty-two sherpas, and six coaches.

**B** Had three Cancer to 5K alumni take the next step and complete a goal race greater than a 5K distance - two completed a 15K & one completed a half marathon.

**C** Held a "Reunion Run" at the Baltimore Running Festival in October 2015 to reconnect fellow alumni in the area.

**D** Identified two new Cancer to 5K program sites for launch in Spring 2016 – one in Irvine, CA and one in Philadelphia, PA.

**E** Creating a streamlined "Cancer to 5K Training Plan" to implement in all training locations in Spring 2016, with the guidance and support from running coach Sandra Gallagher-Mohler.

### Cancer to 5K > Evaluation Results\*

**A** 100% of survivors felt that they received support from their survivor teammates

**C** 100% of survivors felt their confidence has improved over the course of the program

**B** 100% of volunteer coaches & sherpas felt they were able to give support and inspiration to cancer survivors & other individuals impacted by cancer.

**D** 100% of volunteer coaches & sherpas felt they were able to get support and inspiration from fellow team members.

\*Based on the Fall 2015 Cancer to 5K participant evaluation (Team Chicago and Online)

"I run because I need to keep crossing finish lines. Three years ago I battled through stage IV lymphoma, and running has become my mental and physical therapy. When I was diagnosed I had a two-year-old and my wife was three months pregnant. It was a traumatic time for me, but I found running to be a source of inspiration and life. I am now the coach for the Cancer to 5K program in Chicago. Cancer to 5K is a free 12-week program for survivors to take back control of their health after cancer. This program allows me the opportunity to not only continue my own fight against cancer coming back, but more importantly, I am able to help inspire others like me to take their lives back after going through the fight of a lifetime."

- Michael Cates, Cancer to 5K Coach and Lymphoma Survivor in Runner's World



Chicago Cancer to 5K Coach, Michael Cates, a stage IV lymphoma survivor was one of 10 finalists for Runner's World Cover Search in 2015

# TEAM FIGHT, JOIN THE FIGHT!

## TEAM FIGHT



Team Fight is a community of athletes who walks, runs, swims, bikes, and moves to raise awareness & support for the 70,000 young adults who are diagnosed with cancer every year.

**The funds raised by each and every member of Team Fight support college scholarships, the nationwide Cancer to 5K program, patient navigation services, and life-changing engagement programs to young adults impacted by cancer and their families, all across the United States.**

## Team Fight

## By the numbers



### Participation

**157 Total Participants**

**107 Fight Club Members represented Team Fight in over 40 races across the nation**

**35 Iron Girls**

**14 NYC Marathon runners**



### Fundraising

**Fight Club \$44,349.05**

**IronGirl Training Program \$47,901.87**

**NYC Marathon Team \$49,707.00.**

**Team Fight has raised a total of \$141,957.92 this year!**

## Program Highlights

**A** Launched Team Fight's first Iron Girl Training Program – a training program that incorporates mission related activities in addition to weekly, coached workouts to prepare participants for the Iron Girl Triathlon

**B** Hosted the 1st Annual Tri Camp in July, with over 30 Team Fight members in attendance.

**C** Joined forces with Saul Ewing LLP at the Baltimore Running Festival – the FIRST Team Fight corporate team with 15 members in 2015.

**D** Participated in the TCS New York City Marathon Charity Partner Program for the 5th year in a row with 14 Team Fight runners.

**54%** of Iron Girl Training Program participants were first time triathletes.



# PROGRAM GOALS & HIGHLIGHTS

## TEAM FIGHT



**Sasha Choupa**, the 2015 Perlita Liawanag Scholarship Winner was presented with her scholarship at the Iron Girl Team Fight Luncheon in August 2015. Her story inspired all the Iron Girls prior to race day.



"I have been on many different teams in the past, but I have never been on a team like this one. The best part is that it's not just a couple people within the group that you find amazing, but it's every single person on the team - including the coaches! I didn't know what challenges I was going to face on race day, but I knew whatever they were, I would get through them because of all the support & training I received from the Iron Girl Training Program."

- **Dixie Redmond**, 2015 Iron Girl Training Program participant

I joined Team Fight's NYC Marathon Team at the same time I lost my mother to cancer. Having participated in the 4K for Cancer in 2013 and as a member of BOYAA, I already knew what family I was going to be a part of at a time that I needed love and support more than ever. The marathon team became a family that brought people together from across the country. We ran together as a team in a mix of over 50,000 runners. It was great to see the familiar Team Fight jersey as I ran, smiling faces I'd never seen in person before providing more support during the long 26.2 miles than one could possibly imagine. Around mile 18 my teammate Mike found me and kept me going for the next 8 miles. I was able to let him know I was running in memory of my mother as he told me about the neighbor he was running for and shared the picture he was carrying of him. The camaraderie of Team Fight is one of a kind.

- **Joanna Freeman**, 2015 NYC Marathon participant



## Team Fight

## Evaluation Results\*

**A** 100% of Team Fight participants would recommend Team Fight to a friend or family member

**B** 100% of the Iron Girl Training Program participants felt that they were able to **get support** to their teammates throughout the program

**C** 100% of the Iron Girl Training Program participants felt that they were able to **give support** to their teammates throughout the program

\*Based on the Team Fight participant evaluation

# KEY TO KEYS, A UCF EXPERIENCE RIDE

## KEY TO KEYS



Key to Keys is a cycling journey from Key Highway in Baltimore, MD to the Southern most point in Key West, Florida. The team is made up of dozens of individuals who have been deeply affected by cancer and are passionate about supporting young adults and families impacted by this devastating disease. **Together, they cycle 1,500 miles down the east coast, giving support to communities along the way, and drawing support from each other.**

## 2016

### Key to Keys 2016 > By the numbers



*Participants*  
**6 Volunteer Support Drivers**  
**25 Riders**  
**8 Survivors**



*Funds raised to date*  
**\$24,822.24**

### > Program impact & highlights

**A** Key to Keys has opened an additional four spots on the riding roster in 2016 to create a full roster of 29

**C** Six support driver applications were submitted the first five days applications were available

**B** 19 rider applications were submitted the first five days applications were available

**D** The 2015 Key to Keys team raised over \$150,000



# PROGRAM TESTIMONIALS & EVALUATION

## KEY TO KEYS



# 2015

"Doing Key to Keys as a cancer survivor has had a life long impact on me. I gained a family and support system. It is hard to put it into words; you just have to experience it."

- **Patti Jackson, Breast Cancer Survivor and Key to Keys Alumni**

"I still struggle today, but I now have the biggest and best family in the world. People who I never knew before became my family and the best support anyone could have! This ride is probably one of the best experiences of my life, other than my children."

-**Marti Howar, 2015 Key to Keys Alumni**



## Key to Keys

## Evaluation Results\*

**A** 100% of participants felt they forged meaningful, supportive, positive friendships with their teammates

**B** 96% of participants claim Key to Keys was a life-changing experience

**C** 96% of participants felt they were able to give support to their teammates impacted by cancer

\*Based on the 2015 Participant Evaluation

# 4K FOR CANCER

4K FOR CANCER

The 4K for Cancer is a cross-country bike ride and run for college-aged students. Each summer, six teams of 30 riders and runners traverse the country, each raising \$4,500 for the Ulman Cancer Fund and inspiring hope in communities through which they travel.



## 4K For Cancer By the numbers (2015)



*Funds Raised*  
**1,083,000**



*Geographical Reach*  
**38 States represented**  
**24K Miles covered**  
**318 Communities supported**



*Scholarships*  
**12 Awarded**



*Participants*  
**170 - 54 runners and 116 riders**

**Number of universities represented: 160**

**Number of education and service events: 39**



*Gender of New Participants*  
**117 Female**  
**55 Male**



# PROGRAM IMPACT & HIGHLIGHTS

## 4K FOR CANCER



## 4K For Cancer > Program Highlights

**Introduction of the New York Run Route:** The 4K for Cancer expanded the running program to include a second route from San Francisco, CA to New York City, NY.

"This trip has taught our son many life lessons. He now realizes that the majority of the population is kind and giving. It has helped him to deal with his father's cancer (small cell lung cancer), in a much different way. He has become more open emotionally, which before he would not talk about his father's illness. I wish every young adult had the opportunity to do this trip and meet the amazing people and hear other's life stories. He will never forget this summer, the friends he made for life, the experiences he had and the places he went. Thank you for allowing my son this opportunity to make him a better, compassionate young adult. We are so very proud of him and his team." **-Team Seattle Parent, 2015**

**Ride and Run Safety:** We have taken a number of steps to ensure the safety of our riders and runners during their trips. These include:

- In-house ride and run routes
- Pre-trip health screenings
- Road IDs for all participants
- Extended training weekend (two days, longer training rides)
- Implementation of a cycling and run safety guide and test for participants (must pass 100%)
- Creation of an 18-week long training program for the ride and 20-week program for the run
- Certification of all riders and runners in CPR & First-Aid at training day
- UCF staff now travels with the teams for the first three days of their experience in order to provide support, act as a resource for the teams, and ensure they understand the ride and run process. Staff will visit each ride and run routes in the middle of the trip to check in with the teams and help them recalibrate.

"Where there used to be a cynical, somewhat detached girl, there is now someone who knows there are so many good, honest people, and beautiful places. I have become someone who is slightly less scared to show emotions and who is completely attached to a team I spent an awe-inspiring summer with. The petty things that once bothered me seem so insignificant. When you get the opportunity to see people battling for their lives, with a smile on their face, you really learn to appreciate everything you're given." **-Emily Herold, Team New York 2015 (left)**





# 4K FOR CANCER

## 4K FOR CANCER



### 4K For Cancer > Evaluation Results\*

**A** 98% of participants feel that the 4K was a humbling experience

**C** 85.2 % of participants feel more confident in their ability to be a leader

**B** 92.6% of participants feel that their ability to work within a team has improved

**D** 85% of participants feel they gained self-confidence through their 4K experience

**F** 89.1% of participants feel they can move effectively communication with different types of people and personalities

\*Based on 4K for Cancer 2015 Participant Evaluation:



"The moment the 4K "clicked" for my was when my cancer story and your cancer story became our cancer story. My personal connection to cancer, losing my mother to breast cancer at age 44, fuels me to do so much. Losing my mom inspired me to become an oncology nurse, motivated me to bike across the country in 2015, and provoked me to run across America this summer in 2016. I owe much of my fundraising success to the beautiful battle my mom fought, the lives she touched along the way, and the passion it stirred in me. All through the fundraising and training processes I was inspired by my mom, and my story. The ride changed me, forever. From the first dedication circle when our team poured out our hearts hand in hand, I learned what it meant to be united in the fight. My thinking shifted from me to we, and how we are ALL affected by cancer. My favorite part of the ride became meeting new people, sharing in their stories, and dedicating a day to their loved ones. This year I hope to dig deeper into the personal cancer journeys faced by my teammates and by the people in the communities we run through. Learning and practicing being more others-centered than self-centered is something I hope to carry forward into my nursing career and throughout life."

**–Allison Perrine, Team San Francisco 2015, (Raised \$22,123 as an individual rider)**



## 4K FOR CANCER

4K Scholarships Awarded

4K  
FOR  
CANCER

### Jamie Roberts Memorial Scholarship

**Obagaeli Ngene-Igwe** Columbus, OH *Mother diagnosed with cancer*

**Cari Hansen** Oneida, WI *YA dianosed with cancer*

**Liesl Eurich** Mt. Prospect, IL *Father diagnosed with cancer*

**Sage Schweickert** Clemmons, NC *Mother diagnosed with cancer*

**Joshua Smith** Loveland, CO *Mother diagnosed with cancer*

**Agnes Kimani** LaCrosse, WI *Mother diagnosed with cancer*

### The John Hanley Memorial Scholarship

**Nicolette Bautista** Mundelein, IL *YA diagnosed with cancer*

**Jessica Cantwell** Wayne, NJ *YA diagnosed with cancer*

**Riley Steiner** Dublin, OH *YA diagnosed with cancer*

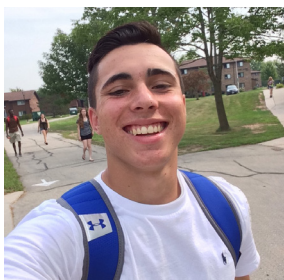
**Somer Greene** Irvine, CA *YA diagnosed with cancer*

**Nicholas Hibbeler** Kansas City MO, *YA diagnosed with cancer*

**Sarah Park** Lancaster, PA *YA diagnosed with cancer*

(Right) Team New York awards the Jamie Roberts Memorial Scholarship to Cari Hansen, a young adult diagnosed with cancer, in Oneida, Wisconsin.

(Below) Nick Hibbeler, a young adult cancer survivor, was the recipient of the John Hanley Memorial Scholarship by Team San Francisco.



(Left) Nick Hibbeler, first day of school



# PROGRAM ENHANCEMENTS

## 4K FOR CANCER

# 2016

### 4K For Cancer > What's Ahead in 2016

**A** Young Adult Cancer Curriculum: The 4K for Cancer will be implementing an education curriculum to better educate participants to expand their knowledge and understanding of young adult cancer, and help them become advocates of the young adult cancer cause.

**C** Instagram: The 4K for Cancer - @4KforCancer - is now on Instagram and has been utilizing this platform of social media in its recruitment and awareness efforts.

**B** Mission Coordinator: The 4K for Cancer has implemented a new leadership role on each ride and run trip that will help ensure all planned service and educational events scheduled are effectively coordinated and executed. They will work directly with Julie Lanahan, UCF's Community and Outreach Coordinator, to identify and implement meaningful education and service events throughout the trip.

**D** New Safety Policies: The 4K for Cancer continues to review and revise its safety policies and practices to ensure the trip is as safe as possible for all participants.

### 4K For Cancer > By the numbers (2016)



Participants  
Number of riders and runners to date 138



Funds Raised to Date  
\$161,059.03



Participants  
Number of universities represented 99