

Support Through Sport

Mid-year Report

2016

Key to
Keys

Cancer to
5K

Team
Fight

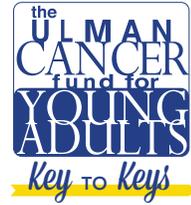
4K for
Cancer



Support Through Sport

UCF's Support Through Sport programs allow people who have been impacted by cancer, either directly or indirectly, the opportunity to **support UCF's mission by doing something active**. Our programs promote a healthy lifestyle while encouraging supporters to advocate for the young adult cancer fight, through awareness and fundraising.

Each program presents unique opportunities for participants to **give and get support** from other people who have been impacted by cancer. These connections are incredibly meaningful and many of our participants become a part of the larger UCF community and family.



Meet Our Team!



RJ Canning
Program Director,
Support Through Sport



Sasha Nader
Senior Manager,
Support Through Sport



Skylar Marcoux
Program Coordinator,
4K For Cancer



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



Nicole Considine
Program Coordinator,
4K for Cancer



Erica Johnson
Program Coordinator,
UCF Races & Experiences



Maeve Koch
Program Coordinator,
4K For Cancer



Key to Keys

Key to Keys is a cycling experience from Key Highway in Baltimore, MD to the Southernmost 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 getting support from each other.

2016 Key to Keys Overview:

- Funds raised: \$164,897.50
- Cancer survivor participants: 8
- Chemo care bags distributed: 100
- States represented: 7
- Volunteer Support Drivers: 6
- Cyclists: 22
- Ulman Cancer Fund Staff: 6

2016 Key to Keys Impact:

- 100% of the 2016 team felt they forged meaningful, supportive, positive friendships with their teammates.
- 100% of the 2016 Key to Keys team felt they were able to give support to their teammates impacted by cancer.
- 96% of the 2016 Key to Keys team said they received support from their teammates.
- 100% of the Key to Keys 2016 team said it was a life-changing experience.

Key to Keys Program Highlights:

- The team visited 8 different cities in 2016: Baltimore, Virginia Beach, Charleston, Jacksonville, Daytona Beach, West Palm Beach, Key Largo, and Key West.
- The 2016 team fundraised over \$164,897.50, the most funds a K2K team has raised to date.
- Key to Keys invited all program alumni to join the Baltimore sendoff weekend celebrations to become reengaged and sendoff the newest team.

Key to Keys Testimonials:

"The UCF staff provides an incredible foundation to allow the participants to have organic conversations that foster healing, understanding, and triumph"
 - Anonymous 2016 Rider

"This experience connected me with other people who understood what I was going through and were there to listen. They made me laugh to the point where I couldn't breathe and shared stories that touched my heart. Most importantly the group brought a piece of normalcy back into my life while on active treatment."

- Olivia Marquart
 Synovial Sarcoma Survivor
 Key to Keys
 Support Driver – 2015, 2016





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 is open to all cancer survivors, regardless age, of treatment status and current fitness level. Since the program's inception in 2007, 276 survivors from all over the country have completed the program.



Key Metrics

All Time Finishers: 276

Survivors: 87

Sherpas: 170

Coaches: 38

Types of Cancer Represented

- Breast: 43
- Gynecological: 7
- Lymphoma: 13
- Leukemia: 6
- Thyroid: 5
- Colon: 4
- Gastrointestinal: 2
- Lung: 2
- Sarcoma: 2
- Skin: 2
- Brain: 1
- Head & Neck: 1
- Testicular: 1

Number of Participants

- Baltimore : 9
- HoCo :6
- DC :10
- MoCo :3
- Chicago :12
- NYC:9
- Boston:9
- Irvine:7
- Philly:19
- Online: 3

Gender Split

- Female: 83
- Male: 4

Treatment Status

- Post-Treatment 0-2 years: 42
- Post-Treatment 2+ years: 16
- Active Treatment: 28
- Unknown: 1

Physical Activity Level

- No previous running experience prior to the program: 12
- No previous running experience, but participate in other forms of exercise: 22
- Previous running experience prior to the program: 53

Program Highlights:

- Expanded program to Irvine, CA & Philadelphia, PA
- Partnered with the Under Armour Performance Center to create an official Cancer to 5K training plan
- Piloted a research study conducted by Northwestern that studied the psychosocial benefits of participating in the program

Participating in the Cancer to 5K program was one of the most valuable things I have done following treatment! Having 12 weeks of endless support and challenging fitness regimes has aided in me embracing survivorship differently. The program also provides great support to survivors while still undergoing treatment. I felt stronger, fitter, and more confident at the end of the 12 weeks. The dedication and commitment the coaches & volunteers had for the team was truly amazing. I'm looking forward to participating next year!

Rhonda Williams
Breast Cancer Survivor, Cancer to 5K Philadelphia



The Cancer to 5K program helped my fiancé, Colleen reach that potential that I knew was always there since day 1. They helped her reach for strength that was always there when she couldn't see it. Watching her cross that finish line was simply amazing. I'll always remember the look of joy & disbelief that she had on her face after we finished the race. This program is just incredible with the drive that everyone gives. The positive energy is contagious and I've seen it at every practice. This group of individuals can help anyone dig deep and find that strength to keep going.

Mike Guarino
Cancer to 5K Chicago Sherpa



FINISH



Exercise, exercise, exercise is the only word that I could hear out of my oncologist's mouth after I completed my treatment. I told him I was walking 18 holes of golf every time I played, and he insisted that was not enough exercise. I was so lucky to find Cancer to 5K. As a survivor going through fatigue and a lot of aches & pains, I found the program to be a wonderful support system that was full of encouragement. I am looking forward to being a Sherpa next year so I can provide the same encouragement that my sherpas & coaches gave to me, to other cancer survivors. Thanks to Cancer to 5K, I am now training for my first Iron Girl Columbia Triathlon in August.

Patricia O'Donnell
Breast Cancer Survivor, Cancer to 5K Howard County



Team Fight

Team Fight is a group of passionate advocates who walk, run, swim, bike, and move to raise awareness and support for the 70,000 young adults who are diagnosed with cancer every year.

Key Metrics

Participation:

- 46 Fight Club participants are representing Team Fight in over 20 different races throughout the United States.
- 29 Iron Girl Training Team members will be spending 12 weeks of their summer preparing for the Iron Girl Columbia Triathlon on August 7, 2016.
- 15 New York City Marathon Team members will be taking on the 2016 TCS NYC Marathon with Team Fight on November 6st.
- 4 companies are taking on the Corporate Cup Challenge & representing Team Fight at the Baltimore Running Festival on October 15th.

Fundraising:

- Fight Club: 204 donors have contributed to \$17,500.67 raised.
- Iron Girl Training Team: 222 donors have contributed to \$16,102.62 raised.
- NYC Marathon Team: 138 donors have contributed to \$11,765 raised.
- Team Fight has raised a total of \$46,508.29 so far this year.

Participants:

Fight Club:

- 28 New to Team Fight
- 18 Returning members

Iron Girl Training Program:

- 8 New to Team Fight
- 21 Returning members

NYC Marathon Team:

- 14 New to Team Fight
- 1 Returning member

Funds raised by Team Fight members help provide vital programs & services to young adults living with and beyond cancer, [such as college scholarships, the Cancer to 5K training program, Patient Navigation services & life-changing engagement programs for young adults battling cancer and their families across the United States.]

Program Highlights

- Launched the Corporate Cup Challenge
- Successfully executed Team Fight's 2nd Annual Tri Camp
- Established new training run from the Ulman Cancer Fund's office every Tuesday evening

"My husband and I initially joined Team Fight because the fundraising minimum was cheaper than a pool membership (and the money was going to a good cause). Little did I know, I would find another family. The support and guidance of the coaches and other athletes is amazing. They are an inspiring group of people that understand and feel the tribulations and jubilations of training and competing. No question was too silly and no challenge was too big. The coaches knew exactly how to push us and encourage us so our first triathlon was a success.

After they helped us train for our first triathlon in 2015, we decided we wanted to do an Ironman in 2016! We would never consider such a huge feat if it were not for joining Fight Club. I see myself being a supporter and advocate for the Ulman Cancer Fund and Team Fight for many years to come!"

- Amber Grimes & Casey Cochran, 2016 Fight Club Participants



The Ulman Cancer Fund
for Young Adults



4K for Cancer

The 4K for Cancer is a cross-country journey in which young adults, ages 18-25, spend their summer traversing the United States either by foot or by bike to raise money and awareness for young adult cancer and inspire hope in communities along the way.

Key Metrics 2016:

- Total number of Participants: 139
- Number of Riders: 87
- Number of Runners: 52
- Number of Universities represented: 99
- Funds Raised (as of June 28th) : \$773,591.03
- Number of Miles to be traveled in 2016: 24K
- Scholarships Awarded: 12 (2 per team)
- Service Events/Educational Opportunities: 36



"There are times honestly that I can't really comprehend the amount of running and work that will happen this summer. But I do feel ready to tackle whatever challenge comes my way. I know dad will be with me every step of the way. I still remember him yelling for me during Cross Country meets. Most of the time I would realize that he made it to my meet because I heard him before I saw him! His encouragement and enthusiasm for whatever I decided to set my mind to was so supporting. I couldn't have asked for better parents. Thank you Mom for being there for me. Its been such a difficult year for you and you have shown such great strength that I am inspired to always stay optimistic and strong whenever life hits me as hard as it has hit you this past year and a half."

-Quote from Cory's 4K for Cancer blog, Cory is running this summer in memory of his father Frank

Top Fundraiser (as of June 28th): Cory Henderson (\$11,965) - Team New York





Program Highlights:

- Implemented a new leadership role, the Mission Coordinator, on each trip who helps ensure all planned service and educational events are scheduled, coordinated, and executed.
- Required reflective bands and triangles for all participants to increase visibility.
- Diversified service opportunities to include a community presentation for teams to deliver at host, scholarship celebrations, bone marrow registration drives, visits to Hope Lodges and Gilda's Club, and chemo care bag deliveries to cancer centers.



Team San Diego:
Jamie Roberts Memorial Scholarship: Gunnar Eaton

Thank you to team Seattle for welcoming us on today's leg of their cross-country bike ride! 4000+ miles - What a huge undertaking and an equally astounding contribution to young adults affected by cancer. So nice to meet you all, hear your stories, and spend a day on the bikes. Enjoy the rest of the country, and have a fun, safe ride!!" - Casey & Steve (members of the Ann Arbor, Michigan team who joined Team Seattle for a portion of their ride.)



Jamie Roberts Memorial Scholarship: Anne Grotjan (center). The scholarship presentation took place in St. Louis, MO during the team's visit to the American Cancer Society's Hope Lodge. Anne aided the team in cooking dinner for the patients there.