



# MILES FOR HOPE

Miles For Hope funds cutting-edge brain-tumor research and clinical trials, and provides medical travel assistance to patients. Miles For Hope is a 501(c)(3) nonprofit organization founded by a brain-cancer survivor.

The focus of Miles For Hope is to raise awareness and funding for life-saving research in Moving Towards A Cure® for brain tumors. In addition to supporting the latest research, advancements and clinical trials, Miles For Hope offers patients and their families much-needed support, including information about up-to-date treatment options. Miles For Hope also provides medically necessary flight assistance to patients so they can get the treatment they need.

Miles For Hope's initial goal was to raise enough funds to expand a brain-tumor vaccine trial at UCLA Medical Center to

include Grade II brain-tumor patients. This trial shows great promise and has more than doubled the survival rate of brain-tumor patients. In July, Miles For Hope partnered with two other brain-tumor organizations, Accelerated Brain Cancer Cure Foundation (ABC2) and the Stephen M. Coffman Charitable Trust, in awarding a \$100,000 research grant to UCLA neurosurgeon Linda Liau, M.D., Ph.D., to begin the clinical trial, "Optimizing Dendritic Cell Vaccination for Low-Grade Glioma Patients," the first trial of its kind for patients diagnosed with this common form of brain cancer.

The next step is to fund a vaccine trial for pediatric brain-tumor patients. To continue funding this cutting-edge research while raising awareness of this devastating disease, Miles For Hope is hosting Moving Towards A Cure® 5k Run/Walk events across the country. The next events will be held in Raleigh, N.C., on Oct. 22 and in Tampa, Fla., on Dec. 10.

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betting it would have been sooner if she had her choice, but due to some complications and medication adjustments she had to wait for the doctors' go-ahead. "The hardest part of the entire thing has been not running," she says, and she eagerly awaits the day that she can hit the pavement again.

Amy says she looks at this experience as a "blessing in disguise." Rather than ask "Why me?" as so many do, she makes it sound like she is lucky.

"How many people get to look at their life and get a second chance to make different decisions?" She goes on to say, "I'm kind of glad that it happened. It has made me reevaluate my priorities. I needed that. I have faith that I will get through this bump in the road and be a better person, mom and wife for it."

This was the year Amy was planning to do the New York City marathon. She has deferred her slot to next year's race and is determined to get there. Barring any more bumps in the road, next

November she will run 26.2 in New York City. Amy, we all have faith that you will accomplish your goal. "Push through," friend.

Debra Zacher is a fitness instructor at REX Wellness of Wakefield and enjoys training for and participating in triathlons. She is passionate about fitness and making the world a healthier place. Deb has two girls who make her aspire to be a better person, mother and coach. She can be reached at debzacher@earthlink.net and/or through her blog at [www.headspinsfast.wordpress.com](http://www.headspinsfast.wordpress.com).

**march of dimes®**  
**5K Run**  
 for  
**Healthier Babies**  
**OCTOBER 15, 2011**

**TIME:**  
 Registration: 7:30 am | 5K Start: 9:00 am | 1 Mile Start: 10:30 am

**REGISTRATION FEES:**  
 \$20 before 10/3/11  
 \$25 after 10/3/11  
 \$20 Sleep Walk (T-Shirt Included)  
 \$10 for the 1-Mile Fun Run/Walk

**LOCATION:**  
 Telelec @ Perimeter Park

**REGISTER ONLINE:**  
[www.run4babies.org](http://www.run4babies.org)  
[www.sportoften.com](http://www.sportoften.com)

**FOR MORE INFORMATION, CONTACT**  
 919.424.2156 or Email: [LScott@marchofdimes.com](mailto:LScott@marchofdimes.com)

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# Registering Should Be the Easy Part.



Find Your Stride



Oct 1, 2011	2011 SailView 5k for Sally's Y	Denver	NC	Swimming
Oct 1, 2011	34th Annual Selma Railroad Run	Selma	NC	Running
Oct 1, 2011	Carrboro 10K	Chapel Hill	NC	Running
Oct 1, 2011	No Boundaries Fall 2011 - Fleet Feet Sports Marilton	Marilton	NJ	Running
Oct 1, 2011	The Knight's Run	Knightdale	NC	Running
Oct 2, 2011	Ron-A-Thon 5K	Chapel Hill	NC	Running
Oct 8, 2011	2011 Morrow Mountain Massacre	Matthews	NC	Cycling
Oct 8, 2011	2nd Annual On The Run Cramerton 5K	Cramerton	NC	Running
Oct 8, 2011	APC 5K Run/Walk	Raleigh	NC	Running
Oct 9, 2011	Ramblin' Rose Women's Triathlon - Chapel Hill, NC	Chapel Hill	NC	Triathlon
Oct 15, 2011	Esperanza Safe Passage 5k	Chapel Hill	NC	Running
Oct 15, 2011	March of Dimes 5K Run for Healthier Babies	Morrisville	NC	Running
Oct 15, 2011	Triple Lakes Trail Race: 7.1, 26.2, 40 Miles	Greensboro	NC	Running
Oct 15, 2011	Volunteer Sign-Up: Esperanza 5K	Chapel Hill	NC	Running
Oct 16, 2011	13th Annual Tar Heel Trot	Chapel Hill	NC	Running
Oct 16, 2011	Bulling Run	Winterville	NC	Running
Oct 16, 2011	Duke Medicine Ramblin' Rose Women's Half Marathon	Durham	NC	Running
Oct 16, 2011	Volunteer Registration - Ramblin' Rose Women's Half Marathon	Durham	NC	Volunteering
Oct 21, 2011	2011 Fall Foliage Bike Festival - 10.21.11	Staunton	VA	Cycling
Oct 21, 2011	Fall Foliage Bike Festival	Staunton	VA	Cycling
Oct 22, 2011	Get Heeled 5K	Chapel Hill	NC	Running
Oct 22, 2011	OSB Powerstroke Freestyle Swim Technique Clinic	Cary	NC	Swimming
Oct 22, 2011	Paws for Life 5k Road Race and One Mile Dog Walk	Wake Forest	NC	Running
Oct 29, 2011	1st Annual Healthy Harvest 5K Run and 1-Mile Walk	Benson	NC	Running
Oct 29, 2011	Habitat Halloween Bike Ride - 2011	Durham	NC	Cycling
Oct 29, 2011	HollyFest 5K and Trot	Holly Springs	NC	Running
Oct 29, 2011	Pumpkin Run 2011	Chapel Hill	NC	Running
Oct 29, 2011	Runway 5K	Charlotte	NC	Running
Oct 30, 2011	Anna's Angels 10-Miler & 5K	RTP	NC	Running
Oct 30, 2011	Monster Dash 11	Raleigh	NC	Running

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