

Hello, fellow OSNY-ers!

Earlier this year, I joined up with the Leukemia & Lymphoma Society's Team in Training. **Team in Training** (<http://www.teamintraining.org/nyc/firsttimehere/>) teaches people like me (read: couch potatoes) to participate in endurance events, like a marathon or triathlon, as a way to raise money for the more than 110,000 people in the U.S. who will be diagnosed with some form of blood cancer this year alone. I will be participating in the P.F. Chang's Rock and Roll Marathon in Phoenix, Az, on January 13! With every step I take, I land a blow against leukemia, Hodgkin and non-Hodgkin lymphoma, and myeloma. Since I began my training in July, I've walked and run over 200 miles, and it's the knowledge that I am helping real people that motivates me to keep going. **The Leukemia & Lymphoma Society** ([http://www.leukemia-lymphoma.org/hm\\_lls](http://www.leukemia-lymphoma.org/hm_lls)) depends on Team in Training's New York Chapter, my group, to raise at least \$4.5 million this year for cancer research and patient services. I am hoping to raise \$4,000 towards that goal. Nearly everyone has been personally affected by cancer, and I have been really impressed by the accomplishments that were made possible by funds raised by the Leukemia & Lymphoma Society. For example, contributions raised through Team in Training helped to fund the development of a drug called Gleevec (<http://www.fda.gov/CDER/Drug/infopage/gleevec/qa.htm>) that a cancer patient takes once a day, much like a vitamin, which helps combat the disease without many of the side effects of chemotherapy or radiation. The drug makes some cancers more like a chronic illness than a fatal one. Because of the society's record, I'm excited to be helping them, and I'd like to ask you to join me by making a contribution.

Please consider supporting the society (and me!) as we fight this disease by:

- Making a **flat donation** in any increment that feels comfortable for you and your wallet.
- Consider sponsoring my race at **\$1 per mile** (\$26).
- Consider sponsoring my Saturday training sessions. On October 13, I walked 12 miles! **A weekly donation** of \$5, \$10, or \$20 will go a long way in the fight against cancer.

Any and all donations are not only appreciated, but are 100% tax-deductible. You can donate by sending a check made out to the Leukemia & Lymphoma Society to me (424 W56th St Apt 9, New York, NY 10019) or by making a secure gift at [www.active.com/donate/tntnyc/jenfusch](http://www.active.com/donate/tntnyc/jenfusch). Please feel free to share this with any other friends who might be interested in the cause. As an extra incentive, if there is a person you would like me to honor on raceday, I'll attach a ribbon with his (or her) name to my singlet.

Your support means more to me than you'll ever know. Thank you so much.

Jen Fuschetti, Soprano