

# 20-Mile Training Walk – Check!

Saturday, September 21 was a great day for the final 20-mile training walk.

Of the 26 walkers who participated in the training, 11 walked the full 20 miles.

Training began at 7:00 a.m. and wrapped up around 1:30 p.m.

There were lots of lively discussions among first-time walkers and the long-time veteran walkers.

One of the many benefits of attending organized training walks is comparing notes.

New walkers quizzed veteran walkers about what to expect on walk day.

The most frequently asked questions are always around weather conditions on walk day and the “what if” it rains!



A few of the walkers line-up for the traditional photo opt

Answers to most walk day questions can be found in the [Walker Guide](#).

Registered walkers will also want to be sure to review the walk pre-check and walk day instructions provided in an [Eblast to 2019 Walkers](#) from the walk registration leaders, Jean Logan and Lisa Carroll.

Questions about your fundraising page? Ellen Swercewki can help you. Email Ellen at [eswer@sbcglobal.net](mailto:eswer@sbcglobal.net)

Still have questions? Email them to [info@tbbcf.org](mailto:info@tbbcf.org)

Congratulations to Denise, John, Lisa, Traci, Yolanda, Kate, Isabel, Debbie, Melanie, Linda, and Dawn for walking the entire 20.

Also out there training to 6, 8, 12, 14, and 16 miles, were Peggy, Claudia, Barbara, Etk, Uma, Sandy, Darlene, Marcie, Jean, Don, Mary Beth, Kelly, Rose, Jess, and Jacoby!

A special thank you to the volunteers for our support vehicles, Rayna Duggan Dakin, Anne Rochette, Sandy Maniscalco, Amy Caster and our special helper, Aria Mills.



Team Strong Enough  
L to r: Peggy Reavely, Claudia Ciesluk, Traci Aglio, Isabel Butt.

A number of walkers participating in the 20 mile training walk were either breast survivors, or in at least one case, a breast cancer patient. It's awe-inspiring to hear these women share stories about their breast cancer journeys.

Listening to survivors, Marcie Brensilver and Yolanda Lowe, share with other first-time walkers and survivors on how they successfully beat the rain, is humbling to say the least. Makes rain seem insignificant.

**If someone can endure cancer treatment over weeks and months, what's a little rain?**

Read the tips in the Walker Guide to be prepared and think positive thoughts for sunshine and cool temperatures.



Uma Kuruganti and Jacoby and Jessica Mills





Melanie Kolek and Linda Litsch



Jean Barrasso and Donald Brodeur on River Road stop

Familiar faces at training walks over the years. Jean Barrasso and Don Brodeur are 14 year walkers. Also walking 20 miles on Saturday was Breast Friends' Linda Litsch, an 11 year walker with her teammate Melanie Kolek, a first-time walker.



Look who is supporting our walkers...Aria Mills. Thank you Aria.

First-time walker, Lisa Ellis trains with Denise Nott, (5 year walker) and John Felty, walking for his second time.

