

**RACE FOR  
HOPE**  
Washington DC  
5K Run/Walk

Make a difference  
in the fight against  
brain tumors

May 2, 2010  
Freedom Plaza  
Washington, DC

#### Sign In

username:

password:

remember me

Login

#### Quick Links

- ▶ Race Team List
- ▶ Find a Participant
- ▶ Frequently Asked Questions
- ▶ Event Calendar

Presented by:

**Cassidy  
Turley** Commercial  
Real Estate Services

To benefit both:

National Brain Tumor Society  
Accelerate Brain Cancer Cure

Register

Donate

Volunteer

Sponsor

About the Race

Golf for Hope

SHARE

## TEAM CAPTAIN OF THE WEEK

Teams Chairperson Lauren Bogart emails Team Captains each week highlighting an extraordinary captain and all they do for the Race for Hope - DC. She also includes important updates on the website and Race that team captains pass along to their teammates.

April 5, 2010

**Team Krista - Susan K. Hamon, Kathie Thompson, Kim Giammaria, Sabrina Kulakowski, and Jeff Thompson**

[Team Krista](#) is in its 6th year and was formed in honor of 13-year-old Krista Thompson who bravely fought her tumor until her death in October of 2008. Her father has put together a beautiful video of the team which the family sent via DVD to all team members last year. (The YouTube link is on Team Krista's team page). He also presented it to a group of scientists he spoke to in order to humanize the disease.

Team Krista has raised over \$5,000 in corporate sponsorships. They approach local companies, often industrial, who are often overlooked by fundraisers. For example, a local rock quarry was receptive to helping their team. In exchange for corporate support, the team prints the company's name on the back of their customized Team Krista t-shirts (and they make Team Krista buttons too!) Potomac River Running company has spotlighted Team Krista on their website and stocks Race flyers in the store.

As for fundraisers, Team Krista has an ongoing arrangement with Glory Days that all receipts collected by Team Krista will earn 10% towards the team. Also, Team Krista members will be "Singing for Tips" to benefit their team at the Cold Stone Creamery in Burke, VA on April 21 from 6-8 PM. Team Krista volunteers will donate their tip money, and in addition Cold Stone Creamery will donate 10% of the sales. Additionally, Team Krista sends out weekly emails to its team members and has a [team Facebook page](#).

**Team BT - BethAnn Telford**

[Team BT](#) is also a well established team spearheaded by the inspirational BethAnn Telford, a brain tumor survivor diagnosed with an oligodendroglioma in January of 2005. Besides being an unbelievable athlete, BethAnn is a superstar fundraiser.

BethAnn is being sponsored by the Pacer Running Stores and is also repeating her fundraising events at Uno's Pizzeria in Gainesville and Chick-fil-A in Chantilly. This year, she has added fundraising events with Prince Michel Wineries, The Ashburn Pub in Ashburn, Tropical Smoothie Café in Centreville, a bake sale at the Chester Academy school, a triathlon equipment sale through RipTide Swim and Tri in Gainesville, and an event at PJ Skidoo's for late April. BethAnn credits her friends who she says are constantly looking to promote the brain tumor cause to any businesses that will listen.

In addition to sending emails, Team BT has also started an official Team BT website and a Facebook site. The website includes BethAnn's story about discovering her brain tumor and her battle to overcome difficulties and help find a cure. It includes sections with upcoming events; a photo gallery of recent events; links to the Race for Hope - DC 5K to register or donate (for Team BT); a page listing sponsors, and a place for people to submit names of others afflicted with brain cancer.

March 29, 2010

Our team captains of the week are Amy Palumbo and Christina Glorioso of team Green Bananas. [Green Bananas](#) was originally formed for the Dallas Brain Tumor Walk by Amy's friend Carmen who had a brain tumor. The catchy name comes from a card one of Carmen's friends sent her which said, "Buy Green Bananas. . . Dare to Dream About Tomorrow". The Dallas team finished second in fundraising and dazzled the crowd with their Green Bananas t-shirts and Green Banana balloons.

This January, Carmen was diagnosed with new tumors and, sadly, she died in February. In Carmen's memory, Amy, Christina and other friends have agreed to continue the Green Bananas tradition in DC, Dallas and hopefully Denver. Green Bananas even plans to go international with their fundraising! One of Carmen's friends works at a hotel in Ontario, Canada and the hotel is planning a Green Bananas fundraising day to benefit the team.

Amy has been overwhelmed by the support given to her team. "We have people on our team I don't even know.

Some didn't even know Carmen but they have been somehow touched by cancer and want to do something." Amy has used email, word of mouth and Facebook to reach out to people and ask for their support. They have had a great response from the alumni group at Notre Dame where Carmen, Amy and Christina went. In fact, their 15 year college reunion is coming up this June and one of the class officers plans to try to raise money for the team. Carmen's Facebook page is still active and Amy posts Race information there as well as on her own page. She has also created a Green Bananas page on Facebook. Keep up the good work, Amy and Christina!

March 19, 2009

Liz Watkins and her brother Jonathan are the co-captains for team [Basehoar Brainiacs \(& Maniacs\)](#). Their cousin, Rich Basehoar, was diagnosed with a brain tumor in January, 2009. He has had two surgeries, chemo, and radiation and has participated in three clinical trials at NIH and Johns Hopkins.

Says Liz, "Rich is an amazing, phenomenal person - and a diehard Penn State fan too! Everyone wants to support him and the cause." Being the charismatic person he is, Rich and his wife Bridget have a strong following of more than 300 people on their blog which they update every Friday to keep friends and family posted on Rich's treatment progress and also sports, weather, and politics. Liz has wisely used this blog to post information on the Race and a link to her team page. She says this has had a domino effect.

Liz has also used the [Participant Center](#) feature of the Race website to email friends and family about the Race. And, she emailed all her team members directions on how to use this email feature so that they too could email their family and friends. Liz's smart use of technology has consistently place her team in the top ten for fundraising this year, getting close to her \$10,000 goal at more than \$8,500. Congratulations, Liz. Keep up the good work!

[Back to Team Captain Tips](#)

© 2010 National Brain Tumor Society and Accelerate Brain Cancer Cure. All rights reserved. National Brain Tumor Society and Accelerate Brain Cancer Cure are each recognized as tax-exempt under Internal Revenue Code section 501(c)(3).

[Home](#) | [Email](#) | [Print](#) | [Contact](#)