



# Pink Soles in Motion

## APRIL 2024

### NEWSLETTER

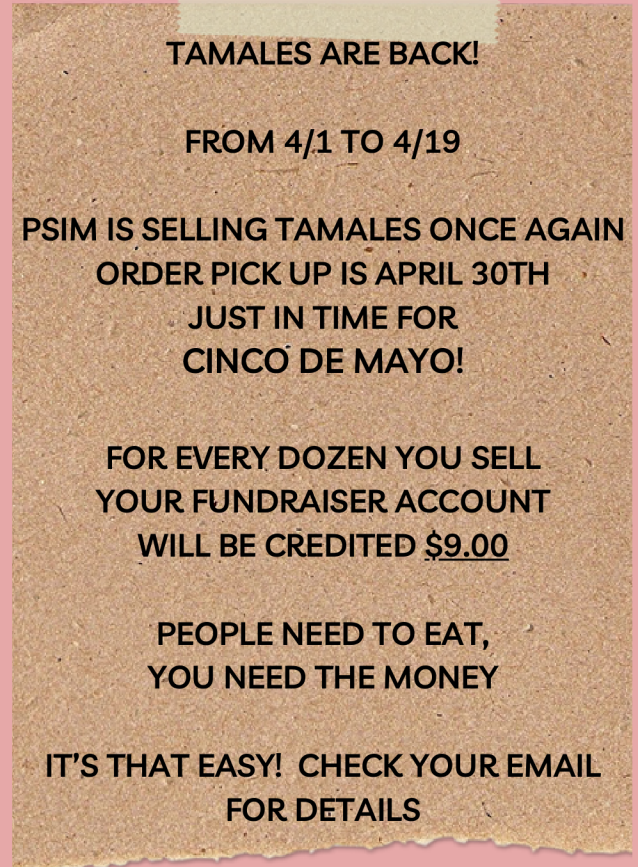
## UPCOMING FUNDRAISERS

### ANNUAL GOLF TOURNEY - APRIL 26

Patti Rieder emailed a flyer for the annual golf tournament on February 6th, and is looking for players, raffle prizes, and volunteers to help make this a successful event. It's at Bear Creek Golf Club, a state of the art, course that will surely impress the players. Check your inbox for details.

#### LATER ON IN THE YEAR:

SWA AIRLINE RAFFLE IN MAY  
PAMPERED CHEF  
POSSIBLE CAR WASH IN JUNE



## 2024 WALKS

### PSIM WALKER STATS

Boston August 23 - 25 (22 registered walkers)  
Denver September 27 - 29 (7 registered walkers)  
Dallas (DFW) November 1 - 3 (71 registered walkers)  
San Diego November 15 - 17 (34 registered walkers)

For the first time all the walks have a one, two or three day option. See [the3day.org](https://www.the3day.org) for more information and to register.

*You're Invited!*

Don't miss Brooke's walk/coffee chat on Saturday, April 6th. If you are a new walker you will receive a coupon for FREE registration!!

<https://www.the3day.org/site/Calendar/737527962?view=Detail&id=391849>

## Boston Walk Training Has Begun

If you're not sure when you should start training, the rule of thumb is about six months before the event.

You should be able to walk 6 miles non stop before you even begin training. It sounds like a lot, but once you get going you will quickly gain momentum.

Training walks will be posted on the 3 Day site, but should always be posted in the facebook group - PSIM 2024

It's a good idea to train with others so you can be accustomed to the walking pace

## FIRST TIME WALKER HELPFUL TIPS

HYDRATE

GET FITTED FOR SHOES

WEAR THE RIGHT SOCKS

EAT SNACKS, LIGHT MEALS

TRAIN IN YOUR CLOTHES YOU  
INTEND TO WEAR ON THE 3 DAY

GET A HAT

FIND A LIGHTWEIGHT BACKPACK

IF YOU HAVE NOT REGISTERED, OR YOU WOULD LIKE A FRIEND TO REGISTER  
YOU HAVE UNTIL APRIL 9 TO GET 40% OFF THE REGISTRATION FEE

VISIT [3DAY.ORG](http://3DAY.ORG) AND USE "WALKING40" AS THE PROMO CODE



## COMMUNITY OUTREACH CORNER

The community outreach committee has plans to tie and distribute 15 warm and cozy blankets just in the month of April!

If you know of a cancer center or hospital that could use blankets for chemo patients please email Kathy at [dkwilliams415@verizon.net](mailto:dkwilliams415@verizon.net)

Please visit our website at  
[pinksolesinmotion.org](http://pinksolesinmotion.org)

A calendar tab has been added  
so you can see all the events  
and fundraisers we've  
got going on

Your friends and family do NOT have to be a  
registered walker to join PSIM.

All 3 Day events require medical crew and  
volunteers to help keep the event going.  
The medical tents need nurses, doctors,  
paramedics, etc. They can visit [3day.org](http://3day.org) to  
read the required credentials and sign up.

## MEET THE PSIM BOARD

**Sandy Saucedo, President**

**Gail Gallegos, Vice President**

**Rochelle Schrowangen, Treasurer**

**Kathy Williams, Secretary & Head of Community Outreach**

**Jackie Brainerd Fine, PSIM Co-Founding Member**

**Diane Griffin, MGOH Blanket Projects**

**Faye Curtis, Head of Michele's Gift Of Hope**

**Patti Rieder, Team Captain and Susan G Komen Liaison**

**Michele Stanley, Public Relations**



If you have someone who is  
receiving cancer treatment and  
is struggling financially, please  
consider nominating them for a  
small grant. Every little bit  
helps and is always  
appreciated.

Applications can be emailed  
to Faye Curtis at  
[fayecurtis2005@gmail.com](mailto:fayecurtis2005@gmail.com)

### Let us know what you wanna see in future newsletters

The newsletter will be emailed to  
everyone, posted to the  
Facebook group, and uploaded to  
our website on or around the 5th  
of every month.

If you have anything you'd like to  
see included please email  
Michele Stanley by the first of  
the month.

[seriousfoodie42@gmail.com](mailto:seriousfoodie42@gmail.com)