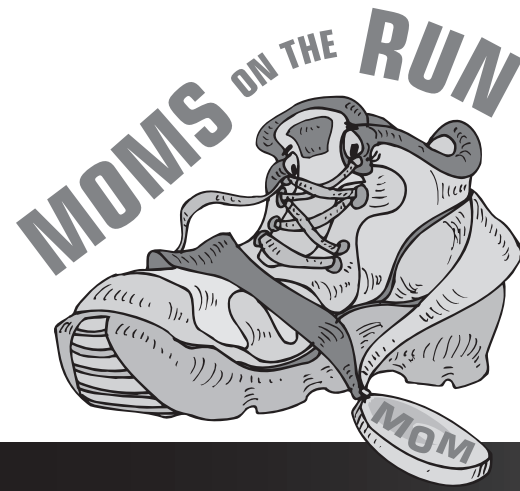




Moms On The Run
PO Box 10994
Reno, NV 89510

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NEWSLETTER

SUMMER 2010

Dear Friends of Moms on the Run,

In 2000 we had an idea: Create a non-profit organization with the mission of helping local women who are battling cancer. We weren't sure what it would look like or how to go about making it happen. Ten years and over \$1 million later, I look back and can't believe what we've accomplished.

Our annual event on Mother's Day has become a northern Nevada tradition. Every year on that special Sunday morning we get up to walk, run and support our original mission. That day is the culmination of a year's work by not only a small board of dedicated members, but a community of caring individuals.

That's why we've created this newsletter. Moms on the Run would be nothing without you. You who take part in the run. You who spread the word about our organization. You who are sponsors, who are volunteers, who donate not only money but time and energy. We want you to be in the know. Our goal is to publish a quarterly newsletter, not only to inform you of events and news, but to share stories of our successes.

While the run on Mother's Day is the main event, it isn't the only time you can support Moms on the Run. Every day our organization grows in size and scope, and you can contribute all year long. Have old jewelry you don't wear anymore? We created *Jewelry for Jugs* – just drop your baubles off at a Pinocchio's location and we'll sell them the following Mother's Day. Need a haircut? Donate your hair to *Locks of Love* and you'll be creating a wig for someone in need. You're a fashionista? Attend or take part in the annual *Runway for Life Fashion Show* put on by LoDo Loft. You a biker guy or chick? This year we debuted our first annual *Ride for the Tatas*. Go to our website, momsontherun.info for more information on all of our year-long events and to find out how you can take part.

How the time has flown. This past May we celebrated the 10th anniversary of Moms on the Run and the fact that we've given back over \$1.4 million, with 98% of the proceeds staying in northern Nevada to assist local women in their fight with cancer. I look back and I'm not only amazed, but I'm grateful and proud. I also look forward and think of all we can still achieve. Without you, there would be no Moms on the Run. Thank you for your continued support.

Sincerely,

Barbara Pinocchio



Moms On The Run Newsletter



Moms On The Run
was created in memory of

Debra Gouveia

Thank you to our Sponsors:

THANK YOU TO ALL OF THOSE COMPANIES, ORGANIZATIONS AND INDIVIDUALS WHO GIVE TO MOMS ON THE RUN

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Washoe County Sheriff's Department
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Scolari's Food & Drug Store

MOTR: Ride for the Ta-Tas a HUGE Success!

One of the great things about Moms on the Run? It's not limited to just one day a year. We're working for the cause closest to our hearts all year around, and always looking for new ways to involve the community. 2010 marked the creation of a new event associated with MOTR: the first annual Ride for the Tatas. We were thrilled at the turn out: On May 15th we searched high and low at the Grand Sierra Resort and Casino for the "Best Rack in Reno", and found it in Monica Nannini, crowning her our Miss Tata 2010. Miss TaTa won \$500 in addition to the crown and not only did she donate her prize money back to Moms on the Run, she also matched the amount out of her own pocket. The next day, May 16th, local biker guys and chicks revved up their engines and paraded around Reno, all in the name of the tatas we care about most – yours! And all of the proceeds? They went to MOTR of course!



Want to participate in the motorcycle poker run next year? Or maybe you want to be our Miss Tata 2011? Go to rideforthetatas.com for more information about this event.

Don't miss the Reno Harley Davidson Dunk Tank September 23 - 25. Local celebrities and beautiful ladies will be dunked for charity. All funds raised will go to Ride for the Ta Tas. 2295 Market Street Reno, NV. 775-329-2913

Congratulations to the top contenders!

2010 Moms on the Run Race Results:

10K Overall

1. Alan Talhelm
2. Kraig Kimball
3. Jeremy Nunn

10K Age Group Results

- Overall Female Top Finishers**
1. Carmel Papworth-Barnum
 2. Felicia Gunther
 3. Maura Morgado

Age Unknown

1. Tami Norcross
2. Susan Russo
3. Nancy Lilyhorn

Female 1-14

1. Arianna Sabloff
2. Riley Holladay
3. Riley Kossol

Female 15-19

1. Karley Skill
2. Jacqueline Holland
3. Julia Lee

Female 20-29

1. Rebecca Quinn
2. Chelsea Truax
3. Elizabeth Reifers

Female 30-39

1. Nichole Truax
2. Linde Feeney
3. Kristen Mayer

Female 40-49

1. Julie Schmidt
2. Angelina K. Seagraves
3. Christine Kratzer

Female 50-59

1. Carol Keith
2. Cheryl Justin
3. Catherine Parker

Female 60 and over

1. Margaret Barnes
2. Geraldine McCarroll
3. Marcia Chatin

Overall Male Top Finishers

1. Alan Talhelm
2. Kraig Kimball
3. Jeremy Nunn

Age Unknown

1. Max Boyden

Male 1-14

1. Danny Gray
2. Wyatt Perkins
3. Ty Hutton

Male 15-19

1. Lucas Holladay
2. Trevor Gordon
3. Evan Harris

Male 20-29

1. Chris Carlson
2. Rodney Ginn
3. Michael Fernandez

Male 30-39

1. Anthony Piedmont
2. Casey Keen
3. Robert Guillbault

Male 40-49

1. Bill Reed
2. Tim Ross
3. Scott Maryot

Male 50-59

1. John Linton
2. Mike Holmes
3. Michael Potter

Male 60 and over

1. Giles Marion
2. Jeff Higman
3. Kerry Barnes

5K Overall

1. Mason Osgood
2. Kirk Ferris
3. Bryan Chuan

5K Age Group Results

- Overall Female Top Finishers**
1. Ramona Sanchez
 2. Amanda Mattioli
 3. Jocelynn Vides

Age Unknown

1. Tamara Jankovic
2. Andrea Sanford
3. Kristin Mareno

Female 1-14

1. Hannah Gonzalez
2. Mia Casazza
3. Giovanna Casazza

Female 15-19

1. Katie Anderson
2. Kristin Kosak
3. Jessica Gillis

Female 20-29

1. Allison Garnder
2. Daryan Glenn
3. Patricia Terranova

Female 30-39

1. Heather Wick
2. Michaela Tucker
3. Tammy Uithoven

Female 40-49

1. Dana Casazza
2. Sallie Bernard
3. Andy Raymond

Female 50-59

1. Lynni Weibezahl
2. Linda Lorring
3. Rhonda Sallaberry

Female 60 and over

1. Cary Basta
2. Starr Friedenthal
3. Nancy Marcel

Overall Male Top Finishers

1. Mason Osgood
2. Kirk Ferris
3. Bryan Chaun

Age Unknown

1. Mark Jensen
2. Chad Vaughter
3. Chris Tiller

Male 1-14

1. Mason Labadie
2. Sebastian Lopez
3. Austin Schermerhorn

Male 15-19

1. Austin Rauh
2. Cody Freeman
3. Taylor Gillis

Male 20-29

1. Michael Weller
2. Matt Freeman
3. Joe Parker

Male 30-39

1. James Sanchez
2. Christopher Peterson
3. Todd Robertson

Male 40-49

1. Todd Wright
2. Pete Parker
3. Rick Depaoli

Male 50-59

1. Jim Larrieu
2. Walt Wardwell
3. Paul Mausling

Male 60 and over

1. Dave Keyes
2. Gary Steinman
3. Steve Parker

MOTR SUPPORTER

Dennis Flannigan is the CEO & President of Great Basin Federal Credit Union, an avid runner, a board member and race director for Moms on the Run. As race director, Dennis plays an integral part in the actual operation of our annual event held at Reno High's Foster Field. Over 10 years the race has grown to accommodate over 4,000 runners and walkers and that continued growth is due in large part to Dennis. Dennis designs the 5K and 10K courses and works with city and county officials to assure safety and professionalism. We would like to thank Dennis Flannigan for all of his hard work and dedication. (Dennis also knows that if he doesn't keep up the good work, we're telling Mom.)

MOTR: Tracking the \$\$\$

Q. Where does the money go?

A. Many outstanding associations exist to help in the research and emotional support of women with various cancers. Moms on the Run has identified the everyday financial needs of women impacted by women's cancers like groceries, rent, car payments, gas, child care, medications, etc. that become family and personal impracticalities as a result of the effects of treatments which may impair their ability to work. Moms on the Run spends \$16,000 a month on these everyday costs that have become hardships for Northern Nevada women with breast and gynecological cancers.

MOTR Health Tip:



1 HOW TO DO A BREAST SELF-EXAM

In the Shower

Fingers flat, move gently over every part of each breast. Use your right hand to examine the left breast, left hand for the right breast. Check for any lump, hard knot, or thickening. Carefully observe any changes in your breasts.



2 Before a Mirror

Inspect your breasts with your arms at your sides. Next, raise your arms high overhead. Look for any changes in the contour of each breast, a swelling, a dimpling of the skin, or changes in the nipples. Then rest your palms on your hips and press firmly to flex your chest muscles. Left and right breasts will not exactly match—few women's breasts do.

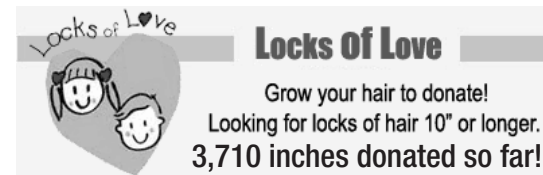


3 Lying Down

Place a pillow under your right shoulder and put your right arm behind your head. With the fingers of your left hand flat, press your right breast gently in small circular motions, moving vertically or in a circular pattern covering the entire breast. Use light, medium, and firm pressure. Squeeze the nipple; check for discharge and lumps. Repeat these steps for your left breast.

Information found at nationalbreastcancer.org

There are so many events that happen throughout the year which benefit Moms on the Run. Drop off your old jewelry at Pinocchio's restaurant to support Jewelry for Jugs. Or grow out your hair for Locks of Love and keep your calendar open for the Runway for Life Fashion Show next year. And don't forget to check out our online store at momsontherun.info. All proceeds go directly to Moms on the Run. Stay involved all year!



Help Moms on the Run go green by registering online at www.momsontherun.info.

Trivia Question:
What does the word "Nevada" mean in Spanish? Go to momsontherun.info to find the answer! And don't forget to check out our online store!

BOARD MEMBERS

- Barbara Pinocchio • Debbie Bailey
Jim Minor • Dennis Flannigan
JP Pinocchio • Joe Bradley
Jennifer O'Harra

We'd like to welcome our newest board member, Jennifer O'Harra. Jennifer's been working with Moms on the Run for five years and we're excited to have her as a part of our hard working team!