



# Sigma Theta Tau

Theta Omicron Chapter

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UAA School of Nursing  
3211 Providence Drive  
Anchorage, Alaska 99508-4614

## Sigma Theta Tau Nursing Honor Society -- Theta Omicron Chapter

### Information – Alaska Run For Women Team Theta Omicron

**Team Theta Omicron** is forming to participate in the June 9<sup>th</sup> Alaska Run for Women. You don't have to be a competitive runner to participate, just a woman. If you are not available you can register as a **phantom runner** and give a donation. There are two courses available: a timed and non-timed five-miler and a non-competitive one-miler....so there is no pressure to perform☺

The Alaska Run for Women is Alaska's premier women's running event that raises money for breast cancer research and support, detection and awareness programs. Although it's women who are doing the walking and running, men are encouraged to participate as volunteers, cheerleaders or donors. Seventy percent of the money raised from the Run supports Alaska breast cancer outreach, education, detection and support programs. The remaining 30 percent is sent to a national foundation for breast cancer research. Since the Run's inception in 1992, more than \$2 million has been raised. Your generosity is appreciated.

There is more to the Alaska Run for Women than competitive running – women gather from across the city, state and beyond to run, walk, laugh and cry, supporting and encouraging one another as well as those who are battling or have survived breast cancer. If you haven't participated in the event in the past, this is the year to get involved!

Contact me, **Betty Predeger** (your team leader), if you have any questions in participating or (e-mail at: [predeger@uaa.alaska.edu](mailto:predeger@uaa.alaska.edu) or 786-4575). Register online at [www.akrfw.org](http://www.akrfw.org), and be sure to indicate **Team Theta Omicron** in the appropriate spot. You can either register online (link with race application) or you may download the registration form & mail in your registration. It must be postmarked by May 25<sup>th</sup> (if mailed in) or by 5:00 pm June 8<sup>th</sup> (if on-line). **All individuals will pick up their own bibs (new this year)** at any of the following times: in Anchorage, at the University Center on June 2 from 10 am to 3 pm; June 5 from 4 to 7 pm; or June 7 from 4 to 7 pm -- in Wasilla, at the Alaska Club on June 6 from 4 to 7 pm.

Please forward this message to anyone you think might want to join our team. So, sign up now to enjoy a great run/walk with your friends while participating in this important fundraiser in support of all women's health. I'll try to update you as the date gets closer.

We will meet on the morning of the run at the northwest corner of the Sullivan arena to meet the team members and to take a group picture. The Theta Omicron chapter is also providing lovely plum colored T-shirts for team members. Contact Maureen O'Malley at [afmbo@uaa.alaska.edu](mailto:afmbo@uaa.alaska.edu) or Chris Caples [ancdc1@uaa.alaska.edu](mailto:ancdc1@uaa.alaska.edu) to order your shirt. You can pick up your T-shirt up at the School of Nursing in advance or at the Sullivan arena on the morning of the run. You can park at the University for free for 30 minutes any time of day to pick up your shirt.

We look forward to your participation in this event!

Thanks, Betty Predeger