

# UPDATE



Committed to raising awareness and funds to aid in the eradication of breast cancer



## Message from the Board of Directors

Nancy Knoble

As the most recent person elected to the Board of Expedition Inspiration (EI), I have the benefit of not being saddled with "experience." Being new provides a perspective that will quickly become clouded by the everyday realities of all organizations. But at this moment, I see the organization, the legacy we have received, the opportunity we have to make a difference, very clearly.

**Expedition Inspiration is a jewel.** It is a truly unique organization. By most standards it is a very small foundation, but it has incredibly focused and powerful goals:

1. To further the state of the science of breast cancer by conducting an annual, multi-disciplinary research symposium, and
2. To empower those diagnosed with breast cancer and those who love them, to make a difference by participating in healthy and challenging outdoor activities through Take-A-Hike and the Expedition Inspiration adventure programs.

I am also a member of the original EI climbing team and had the honor of standing beside Laura Evans and Claudia Berryman-Shafer at the summit of Aconcagua. That too adds to my perspective as I think about the organization today. I know how EI has touched lives, created bonds, provided hope, raised awareness and increased national funding of breast cancer research. That's a lot for one small foundation to boast, but considering who founded it, it shouldn't come as a surprise.

As I look ahead and think about what my colleagues on the

## Seattle Take-A-Hike

Sunday • May 5, 2002  
Redhook Brewery • Woodinville, Washington  
Get out your hiking shoes, your bike or blades and join Julie Gralow, MD, for the 5th Annual Seattle Take-A-Hike! Funds raised at this event will benefit the UWMC Fund for Breast Cancer Research and Expedition Inspiration. A delicious lunch will again be provided by Outback Steakhouse. Greggs' Greenlake Cycle & Rollerblade will be doing safety checks on all equipment. Prizes will be awarded for top fundraisers and teams. Thank you to our sponsors Leki USA, Jansport, Lowa Boots, Smartwool, Davis Embroidery and Scott USA for their continued support. Call Tameron Ackley at UWMC with questions 206-616-8384 or register online: [www.expeditioninspiration.org](http://www.expeditioninspiration.org).

*This hike is dedicated in memory of  
Surain af Sandeberg.*

Board and I must do to further the success and impact of this small organization, a few imperatives stand out. **First**, we need to establish sponsorship for the annual research symposium. **Second**, we need to expand the Take-A-Hike program to other cities where there is a community of support for EI so that we have even more funds to provide grants for research. **Third**, we need to engage all who have participated in and benefited from the EI experiences in the past as our "trail blazers" going forward.

What I would like to ask all who read this newsletter, is that you consider the significance of the gifts you have made to EI over the years. And how much has been achieved through your confidence and generous support. And, I want to ask you to continue your support through direct gifts, by participating in local Take-A-Hikes and by recommending others to become part of the Expedition Inspiration team.

Thanks for your generosity and spirit...and be well.



## Climb of the Grand Teton

NEW  
EVENT

August 24-31, 2002  
Jackson Hole, Wyoming  
Expedition Inspiration, along with Cara Liberatore and Exum Mountain Guides is excited to be offering a weeklong Teton Adventure. This 7-day trip includes 2-day hikes, 2 days of rock climbing instruction, a half-day river trip and a 2-day summit attempt of the Grand Teton. This fundraising adventure is open to anyone and everyone! The trip cost is \$2,100 plus a tax-deductible donation of \$2,500. Call us today to reserve your spot on this wonderful adventure!



Expedition Inspiration Fund  
P.O. Box 4289 • Ketchum, Idaho 83340

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## The Sixth Annual Expedition Inspiration Medical Symposium



Left to Right: Ruth Heimann, MD—University of Chicago; Erry Dom, wife of EI Medical Board Member, Ronald Dorn, MD—MSTI, Boise, ID; Samuel Hellman, MD—University of Chicago; Marc Liptman, MD—University of Michigan Health System

Our 6th Annual Medical Symposium, titled, **“Molecular Biology of Breast Cancer: Clinical Applications,”** was held in Sun Valley, ID, Feb. 28 to March 3, 2002. This meeting of preeminent researchers, doctors, and scientists from throughout the U.S. was a great success, with many productive presentations and subsequent discussions conducted. **EI also hosted an Open Forum,** a “Q & A” session, for the public to make inquiries of these researchers. The consensus statement, based on the conclusions from the Symposium, will be published in the near future. **Collaborative and Young Researcher Grants** from EI will be awarded to applicants, based on this year’s Symposium. Dates for the 2003 Symposium to be announced soon!

### New Books Expedition Inspiration Climbs & Treks

**THE 7 ASPECTS OF SISTERHOOD—Empowering Women Through Self-Discovery** by Debra J. Gawrych. For purchasing information or to learn more about self-discovery visit [www.commonboundaries.com](http://www.commonboundaries.com). A portion of the proceeds goes to Expedition Inspiration.

**CROSSING DIVIDES: A Couple’s Story of Cancer, Hope and Hiking Montana’s Continental Divide** by Scott Bischke. Bischke’s wife Katie Gibson is a cancer survivor of almost 7 years. The book is being released by the American Cancer Society and can be pre-ordered on Amazon.com.

No, it’s not too late to sign up for an exciting activity with Expedition Inspiration! We still have space available on:  
**Mt. Rainier—July 17-21**  
**Mt. Whitney—August 17-23**  
**Appalachian Trail—September 15-21**  
There is a climb/hike/trek for all ages and abilities.

**Mt. Rainier**, at 14,411’ is the most extensively glaciated peak in the continental United States. A one-day “climbing school” will help the team learn or enhance their skills. This is real mountaineering experience.  
Trip cost: \$1,500—Minimum Fundraising: \$2,500

**Mt. Whitney** in California at 14,497’ is the highest peak in the lower 48. This is an incredibly beautiful hike, from the Horseshoe Meadows Trailhead to the Jeffery Pine forest, to the summit well above the timberline—this 5- day/4 night is not to be missed! This is the *2nd Annual Michele Ann Potkin Memorial Climb*.  
Trip cost: \$1,000—Minimum Fundraising: \$2,500

**The Appalachian Trail** from Hughes Gap, Tennessee to Watauga Dam is a 50-mile section of this famous trail. This trek crosses five mountains above 5,400’—three of these are called “balds” which offer 360° views! This beautiful portion of the AT is a wonderful experience for all levels of backpackers.  
Trip cost: \$500—Minimum Fundraising: \$2,500

Call us today and start training tomorrow. These are all *“trips of a lifetime!”*

### Save the Date

Los Angeles 7th Annual Take-A-Hike  
Saturday, October 12  
at the Paramount Ranch in Malibu.

The Expedition Inspiration Fund for Breast Cancer Research is a registered 501(c)(3) public trust foundation committed to raising funds and awareness to aid in the eradication of breast cancer while promoting the health and well being of those affected by the disease. It is our mission to continue to bring imminent researchers and advocates together until we have found a cure for breast cancer. (#91-1646381)

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#### PLEASE HELP US!

Let us know if your address is not correct, if you received duplicate copies of the UPDATE or want to add a friend. Mail, fax or e-mail us. Thanks!

### Expedition Inspiration Research Funding

As a result of the hard work of the Los Angeles Take-A-Hike Steering Committee, the following grants have been made:  
\$26,000 to Helena Chang, MD, PhD, Revlon/UCLA Breast Center  
\$26,000 to USC/Norris Comprehensive Cancer Center

The 2001 Seattle Take-A-Hike raised funds to support a \$12,000 grant to University of Washington Fund for Breast Cancer Research.

Thank you to the many dedicated committee members, volunteers and participants who made these grants possible.