

The logo for the Colorectal Cancer Association of Canada features the organization's name in a bold, black, sans-serif font. The text is contained within a stylized orange speech bubble shape that has a rounded top and a tail pointing downwards and to the right.

## Colorectal Cancer Association of Canada

November 21, 2007

Dear Sponsor,

Without running, I would not be where I am today. Looking back, I will never forget the day that my mom was diagnosed with Colorectal Cancer. Although I was devastated, my biggest fear and sorrow was for my mom. The woman that I looked up to and admired the most had been given a positive diagnosis of an advanced stage of Colorectal Cancer. This was the day that the journey began. Although my mom had been given terrible news, her positive outlook and internal strength helped her to fight and battle each and everyday she suffered with the disease. The hardest part for me during my mom's illness was remaining strong. As a way to cope with my grief and remain strong for my mom, I began to run. And run, and run, and run is what I did. What started out as 5km a week, went onto 120km just after my mom had passed away. Running has been an instrumental part of my life during the past two years. It has not only allowed me to grieve while my mom was sick but today it has allowed me to re-connect with her and begin the healing process. In order to continue the fight that my mom began, "Sophie's Run" was an idea that has become a reality.

It is my mission to raise awareness and to educate other's about the second largest cancer killer in the country. "Sophie's Run" is not just in honour of my mom's life, but it is a run that has a very important message that will raise awareness and will save lives. Colorectal Cancer is the second leading cancer killer that affects men and women equally. It is a cancer that needs to start being talked about. If my family only knew about the warning signs and the importance of screening for Colorectal Cancer, then my mom could still be with us here today. Together, we can save lives and bring awareness to a disease that is so prevalent in our lives today.

Nicole Chuchmach  
Founder of "Sophie's Run"

Visit [www.sophiesrun.ca](http://www.sophiesrun.ca)