

As the 2012 3-Day for the Cure season approaches, many thoughts are probably crossing through everyone's minds, whether you are a seasoned veteran or this is your first time to participate as a walker or crew. With this in mind, I have a thought to consider and a request for all of you. The thought is about "planting of seeds" and the other on how others have impacted you by the 3-day events or through the 3-day community.

"Seeds" some of you may be thinking...what is Jim talking about? Let me explain. Prior to the SF 2011 Opening Ceremony rehearsal, I was privileged to talk to the Youth Corp about the impact they would be making with what they were doing. What I told them also applies to walkers and crew alike.

As we walk, as the crew works so hard to keep us going and as the cheering sections encourage us on, we all have the opportunities to plant a seed with others...and many times we may not even know it. What you may not realize is that extra smile to a walker, the high five you give a child at the cheering station who waited hours to pass out their candy or the words of encouragement your received are all seeds being planted. You may not see the impact of your action and others may not benefit for what they did for you, but over time the kind action will grow and flourish in time.

Haven't you ever come to the end of a day, maybe lying quietly in your tent thinking the day through and remembered a kind gesture you received and then realize its impact on you. Or has anyone ever told you later how much they appreciated something you did for them during the 3-day event?

With this in mind, remember, the 3-day is a celebration, not a race. It is an opportunity to take your time and plant some seeds with others and let them flourish. So take your time, offer a smile to someone, encourage another when they struggle during the walk, walk with someone who needs some company, even if they are walking a little slower than you would like. We are a community, united to end breast cancer and to encourage each other along the journey to the finish line where we will celebrate the end to this deadly disease.

I would love to hear and have you share a moment or two when someone planted a seed with you and it grew. This could be a

moment during a 3-day, a fundraiser or perhaps at another 3-day event. You might be surprised how many times this has happened, when you stop to think about it for a few moments.

With many thanks to an amazing community, not just the 3-day community, but all who share the same goal to defeat breast cancer.