

# dance marathon alumni interest group annual newsletter 2005

every day we take one more step closer...

1973 First Penn State Dance Marathon

1977 THON begins lasting partnership with the Four Diamonds Fund

1979 THON moves to the White Building

1992 First THON to raise over one million dollars

1998 THON pledges five million dollars to establish the Four Diamonds Pediatric Cancer Research Institute

1999 THON moves to Rec Hall

2001 Five million dollar commitment is fulfilled two years early

2002 THON celebrates 30th Anniversary and 25-year partnership with the Four Diamonds Fund

2004 THON pledges ten million dollars to build new Pediatric Cancer Pavilion

2005 First THON to raise over four million dollars

## a letter from the president -ftk, jeff krisciunas

After thirty years and more than thirty million dollars donated to the Four Diamonds Fund, Dance Marathon continues to amaze all of us each year. Last year's theme, "Embracing Dreams, Sharing Tomorrow," left all who witnessed the end of THON 2005 utterly speechless for a moment. After the total was revealed, tears of joy, shouts of jubilation, and thoughts of hope permeated from those in attendance. THON had again reached another milestone, breaking the four million dollar barrier.

I am pleased to announce that the DMAIG as well reached some milestones this past year. Our list-serve continues to grow as we reach out to over 5,000 die-hard THON alumni like you.

In addition, our website [www.DMAIG.org](http://www.DMAIG.org) has launched, allowing many of you to stay connected to THON as alumni. Also, our regional events have continued to grow rapidly, as more alumni hold events to benefit THON. We believe that all of us can continue to carry the THON spirit as alumni, as we possess so much potential to continue to

GIVE! With a long-term survival rate now greater than eighty percent, we are all making a difference!

COURAGE, WISDOM, HONESTY, STRENGTH... Those were the four building blocks that on which the Four Diamonds Fund was built on back in 1972, and subsequently what THON embodies! Continue to be a part of THON as alumni, as THON strives to meet the 2004 pledge of ten million dollars to create a new Pediatric Cancer Pavilion at the Penn State Children's Hospital in Hershey. THON ON! ♦

### inside this issue:

from the president	1
looking back...	2
...and roaring forward	2
In the blink of an eye	3
morale captains to the stage	4
get connected	4
class notes	5-6
thon adventure	7
a big step	7

## where can i find more?

As you'll see throughout this newsletter, the brand new [www.DMAIG.org](http://www.DMAIG.org) presents a wealth of opportunities to read, write, and stay in touch about our favorite Dance Marathon thoughts and memories.

Soon after you read this newsletter, you'll be able to find (and share!) an online version too. And, you'll find regular additions of new articles and stories, so check back often!

To be sure you stay up to date with DMAIG and [www.DMAIG.org](http://www.DMAIG.org) announcements, keep your email address up to date with Stacy Binger Forbes at [sndforbes@msn.com](mailto:sndforbes@msn.com).

## looking back... -ftk, seth moser

Wow, what a year! Looking back on Dance Marathon 2005, it all seems like a blur. From the start of fundraising in October to those last ten seconds in February, sometimes I wasn't sure what month, day, or hour it really was. Come to think of it, it seems like one long THON weekend. Like I said, what a year!

So what made THON 2005 so successful? The number one thing was, has always been, and will always be, the people. It is the community aspect that makes THON so unique and so powerful. Whether you are a THON chair working with organization members, a captain helping to run an event, a dancer pushing through the weekend with the help of a child, or a committee member

making THON weekend run so smoothly, you have experienced this community. The challenge we face is keeping that community alive and allowing the love in it to drive us.

How do you grow such a community? Well, perhaps the biggest factor last year was THON's increased online presence. Why? Because the new [www.THON.org](http://www.THON.org) gave the community another place to gather. The site let the overall committee communicate with all of THON's stakeholders.

The online THON store sold thousands of bracelets, spreading word around the world. Behind the scenes, the online THINK database gave THON chairs powerful tools for organizing fundraising and for cut-

ting through red tape. The end effect of all these things was that every person involved in THON, from State College to California and beyond, was better equipped to help For The Kids.

With that in mind, I've been thinking about THON 2006. Last year, we worked hard to set the bar higher than it's ever been. But I'm proud to say that now, after watching the students gaining momentum this fall, I can already see that they are building a new standard for success.

So here's to the best THON ever: THON 2006. And good luck to Evan and all of this year's THON volunteers: You have an unbelievable experience before you! ♦

---

## ...and roaring forward -ftk, evan jacobs

This year promises to be another outstanding year for all. The overall committee, captains, committee members, THON chairs, student volunteers and alumni are all working hard to make sure Rec Hall is filled with the love and spirit that is Dance Marathon.

To make sure THON 2006 is a success these dedicated students have already begun to plan for the weekend and our special events. As we continue to grow it is important to realize that THON is much more than just a weekend in February. THON is a feeling that holds a special place in all of our hearts. With this in mind, we are working hard to

ensure the THON spirit is with us all year long. The THON 5K, family carnival, 100 days, THON Hoops, kick-off dinner and golf outing will take us to new heights while bringing students and their Four Diamonds Families closer together, forever reminding us why we are involved: For The Kids!

In addition to getting ready for THON weekend, February 17 to 19, we are taking on an aggressive agenda to ensure that THON has the resources it needs to grow safely in the future. A new committee has been formed with the sole purpose of safeguarding the future of THON.

The special assistant committee will

be looking into our fundraising methods, record keeping, and weekend logistics among other topics to recommend best practices for the future. As a soon to be alumnus I am very excited about this project because its success means that THON will be a mainstay of the Penn State community for years to come, leading the fight against pediatric cancer.

These are just a few of the exciting things going on this year. I hope all of you check out [www.thon.org](http://www.thon.org) for all of the latest information about our events. If you have any questions please feel free to contact me. See you in February! ♦

---

### How far has THON gone? (And did you have a camera?)

We all know how far THON has come over the years...and how quickly it continues to grow.

But how far has THON traveled? Where has the word spread?

Have you spotted (or worn) THON t-shirts and logos new and old in your nationwide and worldwide travels?

Have you found (or driven) bumper stickers around the country or around the world?

Well, it's a call for photos! Let's see how far we can take THON gear in our travels,

And share your landmark pictures for posting on DMAIG.org and in our next newsletter!

Grab your t-shirt, or find some new items at the online store,

And next time you're traveling, snap a THON photo and send it to Daniel Halperin at [dhalp13@gmail.com](mailto:dhalp13@gmail.com) for posting.

## in the blink of an eye -ftk, dj larry moore

It's hard to believe. Dance Marathon 2006 is upon us. There is already a new overall chairperson, Evan Jacobs, a carefully selected fresh overall committee, new captains, and 10,000-plus enthusiastic student volunteers who collectively will help over 700 dancers stay on their feet for 48 hours in Rec Hall. And we do it all...For The Kids!

Sound familiar? As alumni, you undoubtedly (and fondly!) can remember where you fit into that lineup in the past. I suppose my fit has varied over the years. I initially danced as a student in 1977 in the HUB ballroom, which was the first year PSU worked with the Four Diamonds Fund. A testament to all who have been involved, THON 2006 will be our 30th Four Diamonds Dance Marathon!

THON back then was a dance contest, with prizes, and it included lots of bands and DJs who all played the same rotation of "hot songs." In fact, to this day I cannot bear to hear "China Grove" by the Doobie Brothers because that particular song was played over and over, by the bands and DJs alike! Food breaks were whatever your friends brought you, spills on the floor were just stepped over, and you were *deducted time* for going to the bathroom! Of course, "The Walk" did not exist unless you meant going outside; rules and regs were non-existent; there was no video; there were no cell phones, nothing digital.

And the line dance? What line dance? At best, a few of us did the Hustle!

But perhaps the most significant change is that in 1977, the children who visited did not return the following year. Why? We could say that it was because family relations did not yet exist, but the sad truth of the matter is that back then, the majority of children simply did not survive. In the immediate years to follow, I always supported THON by hosting bar nights at the local establishments, doing co-op events with WRSC/WQWK, performing as a DJ for student parties to raise money, helping to organize and to set up events at the HUB, and later the White Building, an endless list. I was in the fortunate position of watching THON grow, of watching students catch the true spirit of giving to others under the common cause: For The Kids.

Before THON 1991, Rob Schmidt, then the general manager of WQWK approached me and asked for help with the music for THON. It was at that point that Larry Moore Productions, as a business and as a family, assumed responsibility for all 2,880 minutes of THON. Our job was to provide the music as well as assisting in the orchestration and execution of THON events. Our involvement with entertainment and morale committees grew year to year.

What with adding line dances, securing and cutting music, finalizing words and video, teaching it to captains and committees, outlining and scripting morale events and most recently, reaching out to every committee with projects throughout the year, from the Family Carnival to "New-to-THON" Orientation, THON for me has become a year-round event. Each year the students challenge themselves to make THON better. They work tirelessly because they know the end result will be a dancer dancing one more minute, a child smiling one more smile, a penny growing into one more dollar, all to make a difficult journey a little easier to travel.

Recently after a late night of singing PSU songs around the Nittany Lion Shrine with a bunch of special PSU friends, I walked over to a dark Rec Hall and sat alone in the bleachers. I realized then at that moment that "in the blink of an eye" 30 THONs were about to pass, and all I could think about were all the children that are here today and that will return once again to Rec Hall in 2006 because of all the efforts of every student, sponsor, and alumni who has ever selflessly given of themselves, even the smallest way to the success of this effort. Collectively we, all of us, have made a difference and someday *soon* we will host one last final blow-out, to celebrate the cure for childhood cancer! ♦

---

### Do you want to Dance in THON 2006?

**Relive** the magic of dancing, or **experience** it for the first time.

**Discover** what it is like to be there for every moment of THON, or do it all **again**.

Capture the **energy** and **passion** of THON and dance as an alumnus.

Fundraising will begin in late Fall and will be completed by mid-January. The winning couple will be announced in time for Dancer Registration at Penn State.

The person(s) who raise(s) the most money will be awarded the opportunity to dance in the two alumni spots in THON 2006.

Registration to dance will be approximately \$1,200 per couple.

The money raised by those people not selected for dancing will be donated to THON in the name of DMAIG.

Your partner does not have to be a member of the Penn State alumni.

You may select your partner beforehand to help you with fundraising, or at a later time.

For more information, or for resources to aid your fundraising efforts, contact

Kristen Holt at [psushiner@hotmail.com](mailto:psushiner@hotmail.com). More specific terms and dates to follow, and can be found on [www.DMAIG.org](http://www.DMAIG.org).

## morale captains to the stage! -ftk, mike cocco

"MORALE CAPTAINS TO THE STAGE!" When you hear that phrase echo throughout Rec Hall, you know what's coming: It's time for a line dance! The line dance is a Dance Marathon tradition. Dancers, families, and everyone else in Rec Hall join in the fun throughout the party-of-all-parties held in February every year. Is the line dance just for fun, or does it serve another purpose? And where in the heck do all those crazy lyrics, music and choreography come from?

Since the late '70s, this roughly-hourly ritual has played a vital part in helping THON dancers stay on their feet for all 48 hours for the kids. Surprisingly, the line dance is not just for fun; it serves multiple purposes. Standing on your feet for 48 straight hours will eventually lead to sore muscles, joints, and backs, and that's why the last thing dancers should do is just "stand." The goal is to keep the body moving regularly to help keep all your parts loose and flexible. Obviously, every line dance is different, but do you notice how

you almost always see familiar motions each year? Chances are, you'll see a good set of stretches in the beginning to get your body ready for the aerobic activity it's about to experience. After that, get ready for roughly two and a half minutes of nonstop jumping, bouncing, and dancing to get your adrenaline pumping and your body moving.

So where does this line dance come from anyway, you ask? The process starts in September, as soon as the morale captains are chosen. They start day one jotting down random ideas, quotes, and events that they might want to include in this year's line dance. During this time, the line dance coordinator morale captain is searching various sources for different songs that could represent the perfect background music. Right before winter break, the morale captains select their song choice. THON DJs (and lovable guys) Larry Moore and Jeff Helffrich provide the captains with three edits of their song for them to choose from as soon as they return from break.

After the song is picked, the morale captains isolate themselves for an entire weekend in January dubbed the "Line Dance Retreat." This is this weekend where the line dance truly takes shape. It starts on Friday where the captains break into small groups to take the ideas they have been writing down all year and turn them into actual lyrics. This process usually lasts for hours, finishing on very early Saturday morning. After a two or three hour "nap," the captains are back at it creating moves to go along with the lyrics. This stage finishes on early Sunday morning. After another two hour nap, the captains are up bright and early Sunday morning putting the finishing touches on it and making sure that this year's THON will get an amazing line dance. By Sunday afternoon, the end product is a three minute line dance combining themes ranging from Penn State, THON, current events, and pop culture, with the moves to go along that will make all dancers feel good and the kids all smiles...all weekend long. ♦

## get connected, get involved -ftk, craig pflumm

The Dance Marathon Alumni Interest Group is excited to bring you [www.DMAIG.org](http://www.DMAIG.org)! Connect with other THON alumni and to the latest THON news and events. Get involved by finding the method of supporting THON that fits you best. This is your site for reliving your THON experience and ensuring the passion you held as a student never diminishes.

**Get connected.** The message boards enable you to find fellow alumni to share your experiences and ideas. Post your memories and remember the cherished moments you treasure. Share your thoughts and suggestions on DMAIG, regional events and the website. Join DMAIG with our online registration. It's simple and free to receive our newsletter and email updates.

**Get involved.** Have you wanted to support THON but didn't know where to start? Our "How to get involved" section helps you find a way to give money, time or resources to THON. Check the calendar of events to see upcoming regional THON events and the THON timeline of events. Finding a way to get involved and help conquer childhood cancer just got a little easier.

You will also find links to the THON website, Four Diamonds Fund and Penn State Alumni Association.

Your suggestions and feedback can be sent to Craig Pflumm at [cpflumm@psualum.com](mailto:cpflumm@psualum.com).

We encourage you to visit [www.DMAIG.org](http://www.DMAIG.org) as we unite thousands of THON alumni to make a difference for the kids. ♦

The screenshot shows the DMAIG website interface. At the top, there's a navigation bar with "Calendar of Events", "Mailing List", and "Message Boards". Below that, a sidebar lists links: "How to get involved", "Rick Funk scholarship", "DMAIG Board of Directors", "THON history", and "Related links". The main content area is titled "How to Get Involved" and features four buttons: "Give Money", "Give Time", "Give Resources", and "Join DMAIG". To the right of these buttons is a "THON" logo and a text box that reads: "DMAIG promises to promote a continuing relationship between students and alumni who care about THON by providing opportunities for alumni to give time, money and resources to aid in the conquering of childhood cancer." Below this text is a smaller line: "Select each method to learn more about how you can make a difference."

## class notes -ftk, stacy bingler forbes

*Thanks to all who replied to my recent request for an update. I have tried to include as much information as I was able, separated by year of graduation. It was great hearing from you! Please feel free to email any future updates to [SNDForbes@msn.com](mailto:SNDForbes@msn.com) and I will save them for the next newsletter. Thanks! ♦*

### it's a girl!

**Sara Firestone**, coordinator of the Four Diamonds Fund, and her husband Bill had a beautiful baby girl at 1:03 am on Thursday, August 18. Her name is Addison Mae Firestone. At birth Addison was 7 pounds, 2.5 ounces, and 20 inches.

### the '80s

**1982/1983 - Mark Pulos** (Overall Public Relations Chairperson, '82; KDR Chair, '81) and his wife, **Tracy Meyer Pulos** (Dancer '83, Morale Committee '82), live in Rosemont, PA. Mark is a Sales Manager. Tracy is a realtor, who ran her first marathon last year and says that dancing for 48 hours was harder! They have a 15-year old daughter and a 13-year old son. Cannors regularly hit their Main Line community and they enjoy supporting THON through KDR. They can be reached at [mark.pulos@verizon.net](mailto:mark.pulos@verizon.net).

**1988 - Kim Podmenik** (Overall Public Relations Chairperson, '88) and her husband welcomed their first baby, a girl named Isla Gray Shaw, in January. They are still in Hong Kong and can be reached at [kim@planninggallery.com](mailto:kim@planninggallery.com).

### the '90s

**1993 - Sean Ness** (IFC AVP '93; Dancer, '90-'92) now works at the Institute for the Future in Palo Alto, CA. Earlier this year, he was excited to bump into Stanford students canning for their first Dance Marathon! He rang in New Year's Eve 2005 in San Francisco with **Tom O'Keefe** (Overall Chairperson, '93) and **Joe Henwood** (Dancer, '93). He can be reached at [sean.ness@gmail.com](mailto:sean.ness@gmail.com).

**1994 - Kerri (Regelsberger) Grizer** (Dancer, '94; Morale Captain, '93; Morale Committee, '92) and her husband welcomed their second child, Carson Jeffrey, on November 1, 2004. He weighed 8 pounds, 12 ounces. They were welcomed home by proud big sister, Camryn Grace, age 3. The Grizers reside in Cary, NC and can be reached at [kgrizer@hotmail.com](mailto:kgrizer@hotmail.com).

**1995 - Stacy Bingler Forbes** (Overall Chairperson, '95; Overall Social Chairperson, '94; Dancer,

'00; DMAIG Secretary) and her husband, David, welcomed baby number 2, a daughter, Emma Cutright Forbes, on January 7, 2005. Emma joins big brother, William Jack, who turned 2 on May 14. Baby fever seems to have struck the '95 committee. **Christopher Shaffer** (Overall Entertainment Chairperson, '95; Dancer, '00) and his wife, Kendall, welcomed their first child, son Harrison, in April 2005. **David Dorenfeld** (Overall Marketing Chairperson, '95) and his wife, Dana, welcomed their first child, daughter Emily Brynn, on August 11, 2005. **Tim Jones aka "TJ"** (Overall OPP Chairperson, '95) and his wife, Leslie, welcomed their first child, son Lukas Alexander, on August 15, 2005. **Diane Gebicki** (Overall Public Relations Chairperson '95) was married in June of 2005. **Derek Lehman** (Social Committee, '94) married Carolyn Jones-Pollack on June 25, 2005 in Lenox, MA.

**1997 - Denise Fezza** (Dancer, '97 and '95; ASA Chairperson, '96) married **Ben Beall** ('99) on November 20, 2004. She works as a senior web designer for Lowe's Companies, and he works as a technical consultant for Deloitte Consulting. They live in Huntersville, NC and can be reached at [denise@denisefezza.com](mailto:denise@denisefezza.com). **Rhonda Seidman** (Overall Morale Chairperson '97) and her husband, Mike, moved to New York City where he is doing a fellowship in adult hematology/oncology at NYU Medical Center. Rhonda is now working at NYU's Hassenfeld Children's Center for Cancer and Blood Disorders as a pediatric hematology/oncology social worker. They can be reached at: 360 First Avenue, Apartment 4H, New York, NY 10010, [rpseidman@yahoo.com](mailto:rpseidman@yahoo.com), (212) 217-2021. **Lara L. Bewley** (Dancer, '96 and '97) is still a nurse in the US Navy and is getting married in December. Her new address is: 5381 Lavender Mist Court, Centreville, VA 20120.

**1999 - Abby Martin Valentino** (Dancer '98; various committees, '97-'99) and her husband welcomed twin girls, Carina and Isabelle, in January. Their girls join their big brother Daniel who is now 2. **Devin Mathias** and his wife, Emmalia, welcomed their second child, Lila Claire, on April 27, 2005. She is happy and healthy and being looked after by her older brother, Kai Christopher. Any Florida DMAIGers interested in putting together a THON golf tourney in Florida, can email Devin at [dmathias@uff.ufl.edu](mailto:dmathias@uff.ufl.edu).

*(continued on page 6)*

## class notes, continued

### *the '00s*

**2001 - Karen Jacobson** (Overall Communications Chairperson, '01) accepted a degree of Doctor of Osteopathic Medicine from Nova Southeastern University in Fort Lauderdale, FL in May 2005. She has recently been promoted to the rank of Lieutenant in the US Naval Reserve and began her intern year in internal medicine at the Naval Medical Center in San Diego, CA in July. **Elizabeth Stackhouse** (Overall Marketing Chairperson, '01; Dancer and Marketing Captain, '00) wed Brian "Millersville" Brassell on July 16, 2005. The two married on the 9 year and 7 month anniversary of the day they became a couple, and they now reside in the Harrisburg area. Liz, [ntnylizard@aol.com](mailto:ntnylizard@aol.com), works in the public relations and press office of the Pennsylvania Lottery, and Brian, [hansyboy@comcast.net](mailto:hansyboy@comcast.net), is a financial advisor and insurance salesman for older residents of Central PA. **Teri Hennigan** (OPP Captain, '01; OPP Committee, '00; Dancer, '99) is currently assigned to the 1st Cavalry Division in Fort Hood, TX. She earned a Bronze Star Medal for meritorious service in combat and then safely redeployed herself and all of her 18 soldiers after a year tour in Baghdad. On September 1, she was promoted to Captain in the US Army. Two days later on September 3, she married PSU alumnus Jim Bossard and is currently taking a well-deserved break in Mexico.

**2002 - Lauren del Valle** (Dancer, '01) and **Matthew Zielinski** (Dancer, '01-'04) will be getting married on September 23, 2006. Since graduating in 2002, Lauren has been working for On Campus Marketing and recently was given the company's largest account, Penn State. She is happy to be working

with her old organization, the Association of Residence Hall Students. Matt graduated in 2004 and will earn an MA in student affairs in higher education from Indiana University of Pennsylvania in May 2006. Through his graduate program he has been working as a graduate resident director at Seton Hill University in Greensburg, PA. **Jessica Muri** (Dancer, '01) and **Joe Worley** (Dancer, '01) got engaged in June and will marry at Penn State next July. Jessica works in corporate sales for the Philadelphia Eagles and Joe works in sales and analysis for Front Row Marketing Services. They reside in Bensalem, PA.

**2003 - Martha Bourtsos** (Dancer, '03) completed her MBA at Duquesne University in Pittsburgh, PA in May. Following graduation, she was accepted into the PhD program in educational administration and policy studies at the Catholic University of America in Washington, DC. Since her acceptance, she moved to Arlington, VA and began her 3-year doctorate program on August 29. **Jon Schmidt aka "Captain Klein"** (OPP Captain, '03), after a stint as an editor of a weekly newspaper and a sous chef at two different restaurants, is now in his second semester of grad school at the University of Delaware. He is pursuing an MA in urban affairs and public policy with a concentration in historic preservation. He has just been granted a yearlong internship to work 20 hours a week in the State Historic Preservation Office in Dover, DE.

**2004 - Jacquie Zygmund** (Dancer, '03) wed Matthew Hoehn on June 11, 2005 at the Penn Stater. They held a charity dance for THON at the reception and will be donating that money to THON 2006.

### THON Facts

No family has ever been turned down by the Four Diamonds Fund.

THON is the largest student-run philanthropy in the world; through it over \$34 million has been raised for kids with cancer.

The Four Diamonds Fund provides money for comprehensive care of children with cancer, for support for their families, and for research of pediatric cancer.

The Four Diamonds Fund allots over 92 percent of the proceeds from THON and other fundraising efforts straight to patients and their families.

There are over 250 organizations, 700 dancers, and 2000 organizers that participate in THON.

Nearly 2,000 families have been helped by the Four Diamonds Fund.

THON has emerged as one of the greatest unifying factors among Penn State students, teaching that it is OK to reach a hand out and help another person.

## thon on the adventure trail -ftk, christine and alex papadopoulos

Remember the good old days at Penn State when you had the endurance to stay up for 48 hours and either volunteer or dance at Dance Marathon? Well now that we are a little older, and perhaps a little wiser, staying up for 48 hours seems almost impossible. So, how about staying up for 24 hours in the 24-Hour Adventure Trail Run (ATR), April 29 to 30, 2006, benefiting the THON and the Four Diamonds Fund. It is our chance as alumni to do our part to continue to raise money for a cause that has touched all of our lives.

Three years ago the cause, cancer, was closer to me than ever. My childhood best friend, Jennifer Coudrey, was diagnosed with cancer. She continues to get chemo treatments and fights a battle for her life each and every day. When I was part of the overall committee in 1995, danced for THON in 1996 and started the DMAIG in 1997, I never dreamed that cancer would come so close to me. Jennifer has inspired me to continue doing my share for the war against cancer. I encourage all of you to think about those who have been touched by this disease and show Penn State that it doesn't end when you graduate!

In the ATR, runners/walkers will log as many miles as possible over a 24-hour period. Participants can raise money either through a per hour pledge or flat fee pledge/donation. THON Teams will compete to try to raise the most funds for the Four Diamonds Fund. If you could dance for 48-hours, why not run/walk for 24 hours either solo, or in three or four person team categories. We hope that all participants will not only enjoy the achievement of running/walking or volunteering for 24 hours, but will also be invigorated by competition. Organizing this race has allowed my husband and me to combine two of our lifetime passions to give back and help others in need. Our goals are to run some, play some, and raise some money for THON and the Four Diamonds Fund. Your team will have the opportunity to compete in something that very few people even dare to think about or even consider. So please join us for the experience of a lifetime.

The event will be held within the Prince William Forest Park, located just outside the Marine Corps Base in Quantico, VA and thirty miles south of Washington, DC. The course is a closed loop of approximately eight miles and limited to 250

runners. Each loop will start and finish at a Cabin Camp which can lodge up to 170 runners. There will be an aid station at the mid point and the start/finish point of the loop. There will be beverages and food for the runners, in addition to plenty of roots and rocks on the trail. The course will allow the most experienced of trail runners and the newest of trail runners to run side by side. There will be uphill sections; there will be downhill sections. There will be flat sections; there may even be some mud, if the April showers show.

Fun, challenging, dynamic, and adventurous. Additional information on the run and fundraising opportunities is available at [www.athletic-equation.com](http://www.athletic-equation.com), by clicking on "Endurance Events." Registration is available beginning on November 1, 2005. To get your THON Team registered early and find out about individual or team training plans, please email us at [alexp@athletic-equation.com](mailto:alexp@athletic-equation.com) or [christine.madden@saic.com](mailto:christine.madden@saic.com).

We look forward to your participation whether you walk, run or volunteer! ♦

## a big step, a mini-THON -ftk, lee kimball

DMAIG is happy to announce the winner of our inaugural Alternative Fundraising Competition: Penn State Berks! The competition was designed to spur creativity and encourage Dance Marathon organizations to come up with new fundraising initiatives.

The prize is a \$500 grant to be used as "seed money" for the project that shows the most creativity and highest potential to turn that \$500 into a much larger contribution to THON 2006 and beyond.

This year, the winning entry from Penn State Berks is a 12-hour mini-THON to be held on January 21 from 9 am to 9 pm at a Fairgrounds Square Mall in Reading. The event, which incorporates the local

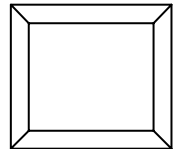
community as well as many local high schools, has the potential to spread THON to an entire community and make a generous contribution toward the Four Diamonds Fund.

We were extremely happy with this year's competition. All of the proposals submitted contained great ideas that will undoubtedly be successful fundraisers throughout the year.

We wish Penn State Berks and all of our contestants continued success, and look forward seeing what innovative ideas the organizations come up with next year! ♦



Dance Marathon Alumni Interest Group  
c/o 158 Allen Street  
Apartment Three  
New York, NY 10002



NAME LASTNAME  
ADDRESS 1  
ADDRESS 2  
CITY, STATE ZIP