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Dear Family and Friends,

It has been twenty-four years since I wrote my first solicitation letter to raise money for the Leukemia and Lymphoma Society just before my husband, Allen, died of leukemia. I was much younger and the races were easier. After 14 marathons, I found the sprint triathlon kinder on the older bones. As the years go by, I am now 77 years old, almost 78, I've often wondered, "Can I ever raise funds on a "maybe", a maybe that I may swim or bike or run?" The maybe is the new challenge. This year I want to do the Century (100) mile bike ride at Lake Tahoe in CA with Team in Training in June. I have a speedy red bike, one of my beloved possessions. Can it and I make it over the hilly high altitude ride at Lake Tahoe? I am not sure but I want to try. I want to try for the Triple Crown, that is to have run marathons, done triathlons and now to do a 100-mile ride with Team in Training.

I have never ridden a hundred miles. Today, I feel fortunate to be the recipient of the recent advancements in dealing with breast cancer. And because of my temporary disruption, this is a maybe letter, a maybe with the hope that I may join the 100 mile bike ride in Las Vegas in June and thereby raise money to find a Cure for Cancer.

The funds raised through the Team in Training athletic events go for research to cure Leukemia and Lymphoma and other blood related diseases. The need is great and the achievements made help in controlling all the cancers that disrupt the lives of so many.

My last solicitation letter in 2009 hinged on the promise to compete in the sprint triathlon in the National Senior Olympics in San Francisco in August of 2009. I did that and I am grateful for your generous support.

So much has happened in those 24 years. In 1986 when I did my thing, running the New York Marathon with my self made LUCY AGAINST LEUKEMIA shirt, I was an oddity. There were no marathon charity runners then and I remember Fred Lebow, the

director of the New York Marathon brushing me off when I tried to interest him in my cause. I was amazed to raise \$22,000 for the Leukemia Society with my Lucy Against Leukemia passion just before Allen died. Allen knew of all the love and support this represented. He drove me to the start of that marathon and died a month later. Then in 1988 Bruce Cleland called me and I became part of that first Team in Training team. Our team of 38 people raised \$320,000 for the Leukemia Society. Now Team In Training has trained more than 420,000 participants who have raised more than \$1 billion and has become the prototype for the many athletic events for charity nationwide.

With Chronic Myelogenous Leukemia the chances of survival are dramatic. In 1987 the five-year survival was less than 55%. In 2009 with the use of the targeted drug Gleevec®, five-year survival is 95%, with a high quality of life.

For Allen who had AML, which at that time was a death sentence, there was no chance but now there is the possibility of life for those afflicted with blood related diseases. My friend Tricia has been in remission for over a year. My friend and hero John Engdahl who survived what Allen could not and went on to run many marathons is as handsome and wonderful as ever.

I am rooting for a young boy from Brewster who is struggling at Children's Hospital in Boston with ALL, the typical childhood leukemia. Now he has a very good chance of beating this dread disease.

My relationship with Team in Training and the Leukemia/Lymphoma Society has enriched my life, with my many honored heroes and the rich memories of those who have lost the battle. I have had the privilege of knowing the courageous recipients of the Lucy Against Leukemia award.

As I face another challenge, that of breast cancer, I ask with a "maybe" for that 100 mile bike ride at high altitudes at Lake Tahoe. But oh, the high it might be and I do love my speedy red bike! So one more time, here I go, or at least, I will try. No matter what, it is important to keep putting one foot in front of the other or on the bike, one foot pedaling after the other. I will try to keep doing triathlons and keep pedaling and

striving for this new goal of a century ride and more money raised to support LIFE. The joy of life continues.

In this season of bringing light to darkness let us rejoice in Life.
Happy Holidays!

Please makes checks out to: The Leukemia & Lymphoma Society and send to me (Lucy Duffy, 206 Wauquanesit Drive, Brewster, MA 02631) or send me credit card information.

With love and thanks,

Lucy