

If you'd like to register for the race or learn more about the EFY Fund, visit www.especiallyforyourace.org. To find out more about Mercy's Survivor to Thrive 5K training program, contact Amanda Covington, Thrive Cancer Fitness and Wellness Coordinator, at acovington@mercy.org.

A change of pace

Cindy Young doesn't see herself as a runner – yet. “I haven't classified myself that way,” she says.

Cindy Young is training to run her first-ever 5K race at the 23rd annual *Especially for You* Race Against Breast Cancer.

But by this fall she's hoping to earn that title and wear it proudly. Cindy, 62, began training in January to run her first-ever 5K race – the 23rd annual *Especially for You* (EFY) Race Against Breast Cancer on Oct. 13. After years of walking the race, this year she's picking up the pace.

Cindy is hoping to inspire others to join her for a cause that's near to her heart. Her sister, Sandy Knight, died of breast cancer in 1991 at the age of 39. Before her death, Sandy put the wheels in motion to form Mercy's *Especially For You* After Breast Cancer Support Group. Sandy's dream also was to establish a race to raise funds for breast cancer awareness and education.

Right after Sandy's death, Cindy helped organize the first EFY Race. She and her

extended family have participated in and supported the race ever since. Plus, Cindy is a member of the EFY Steering Committee, volunteering countless hours in support of the EFY Fund. The fund pays for breast-care services, such as biopsies and mammograms, for individuals who are uninsured or underinsured. Last year alone, the EFY Fund helped 720 people receive 994 services.

Never having run for any distance before, Cindy found herself breathless within a minute of jogging on the treadmill when she started training for her 5K quest. Working with a personal trainer, she discovered her core and leg strength needed work. And work she has. Her every-other-day training regimen combines cardio training with weight-lifting and calisthenics.



“When I look back and see how far I've come already, it's very fulfilling,” says Cindy. “And it's getting easier as I go.”

As the weather improved, Cindy started hitting the trails outdoors to get herself acclimated to a different kind of running.

She's also serving as an inspiration for others with a similar goal of running the EFY 5K Race. She's part of Mercy's first Survivor to Thrive 5K training program designed to prepare any cancer patient or

survivor, and their caretakers, to run the race.

When Cindy crosses the finish line on Oct. 13, she's hoping she'll be flanked by a number of other newly christened runners.

“I think a lot about the end result when I'm training. Several of my family members may join me, including my daughter who hasn't run a 5K before. I hope a lot of people get on the bandwagon

with me. That would be neat. I'd like that,” says Cindy.

“I hope a lot of people jump on the bandwagon with me. That would be neat.”

*Cindy Young
 EFY Steering Committee*