



Anne M. Wolf
Breast Cancer Foundation
www.annesarmy.org
P.O. Box 83
Orrville, OH 44667



CrossFit Cadre
www.CrossFitcadre.com
5170 Hudson Dr
Hudson, OH 44224



October 14, 2013

Dear CrossFit Affiliate,

Thank you in advance for considering participation in the Anne's Army WOD for breast cancer research. Our planning committee is reaching out to the extended CrossFit community to ask for your participation in the 2014 event. On January 11th 2014, the 4th Annual Anne's Army WOD will take place at various locations across the nation. We'd like to ask you to consider being one of this year's event locations.

The Anne's Army WOD fundraiser has been a great success the last three years. Hosting the event at your box will be easy and can offer many benefits:

- All materials needed to promote and run your event are provided at no cost to you
- Athlete registration is user-friendly and automated
- Team packets are prepared and shipped to your door step; an "event in a box"
- Strengthen your CrossFit community and promote your upcoming events with neighboring affiliates
- Spark new relationships and memberships
- Offer your clients a way to give back; as all contributions go directly to breast cancer research
- Proudly be an event location for such a positive, heart-felt cause. Help find a cure!

See it for yourself, view last year's event: www.CrossFitcadre.com/videos

On the next few pages you will find: complete event details and Anne Wolf's story. Anne is the inspiration for our hard work, along with the many mothers, aunts, cousins, sisters, wives, and daughters being diagnosed with breast cancer each day. We hope you will join us in the fight against breast cancer, together we can make a difference.

Best Regards,

Sarah Richards
CrossFit Cadre and The Anne M. Wolf Breast Cancer Foundation
Anne's Army WOD Committee Chair
annesarmy@gmail.com
330.352.5516

Goal for 2014: Let's DOUBLE it!

Double the event locations, Double the participation and Double the funds raised!



2013 Anne's Army Workout Of the Day Results:

- 8 CrossFit affiliates and one Martial Arts School participated in the event:

CrossFit Cadre
SPC CrossFit
CrossFit Akron

CrossFit Akron North
CrossFit Utility
CrossFit Painsville

CrossFit Saol
CrossFit Montgomery County
Top Level Martial Arts

- The workout was completed at 3 different locations with a total of 180 participants:

CrossFit Cadre – Hudson, OH
CrossFit Painsville – Painsville, OH
CrossFit Montgomery County – Gaithersburg, MD

- Funds Raised:

29 Corporate Sponsors; 4 of which supported the event in multiple capacities (Life as Rx, Hylete, The J.M. Smucker Co. and PaleoToMe.com). \$2,745.00 in prizes and giveaways, plus \$890 in food sponsorship for a total of \$3,635.00

Amount	Source	Details
\$ 4,500.00	Registration	45 teams, registration fee
\$ 2,753.00	Donations	On-line set amount donations
\$ 4,826.00	Donations	Cash and check collected on event day
<u>\$ 3,635.00</u>	Corporate Sponsors	Prizes and food sponsorship
<u>\$15,659.00</u>		Gross Amount
\$ -3,635.00		Consumption of prizes and food
<u>\$ -1,863.26</u>	Expenses	Shirts and banners
<u>\$ 10,160.74</u>		Net Funds Raised

Summary for past three years \$23,875.74

NEW Partnership in 2013 to continue in 2014: Hylete Athletic Apparel Company will offer shoppers 25% off their entire order with a reusable coupon code: "annesarmy25". Hylete will donate 20% of all sales with this coupon code to The Anne M. Wolf Breast Cancer Foundation.



As always, all funds raised are collected by The Anne M. Wolf Breast Cancer Foundation www.annesarmy.org then directly donated to The Anne M. Wolf Fund for Breast Cancer Research The Ohio State University Comprehensive Cancer Hospital – Arthur G. James Cancer Hospital and Richard J. Solove Research Institute

How it will work? Go [HERE](#) to tell us if you **ARE** or **ARE NOT** interested in being a hosting location for the 2014 Anne's Army WOD.



If you **ARE** interested, please complete the online Hosting Location Registration:

- Once your registration is complete, your box will be added to our [Event Registration Site](#) as a participating event location with the available heat times; as determined upon host location registration. Your Primary Contact will receive the first of two mailings including: event posters, flyers, pledge sheets, event planning suggestions and logistics recommendations.
- Athletes can register via the [Event Registration Site](#) as teams of 2 for a \$65.00 donation, selecting your box as a participating event location and the heat time of their choice (until all available slots are filled). Registration will close at midnight on Dec 19th, at that time t-shirt and merchandise ordering and distribution will occur. Please remind your athletes of the registration deadline in order to guarantee they receive an event shirt and their desired heat time. Your Primary Contact will receive a second mailing closer to event day. "An Event in a Box" including: a list of registered participants for your location, team packets (t-shirts and merchandise), volunteer and trainer shirts, prize certificates to award, waivers, banners and logistics details. Registration will reopen on event day for any remaining heat times. The Primary Contact can request additional heat times by emailing: annesarmy@gmail.com.
- The WOD and Logistics: The WOD is designed for a team of two with rowing being core to the workout. One partner starts on the rower, the other starts on the first round of the movements listed below. The objective is to complete as many rounds of the workout as possible, while rotating the athletes on and off the rower, as they desire.

Rx 20 minute AMRAP - Teams of 2

Partner #1: Row

Partner #2: 15 Thrusters 95#/65# (scale weight or use med ball)

15 Box overs 24"/20" (scale height or step up)

15 Toes 2 Bar (scale with knees to elbows)

Rotating athletes on and off the rower after each round completed or as desired

From the event start time, the next heat of participants will begin every half hour. Event start and end time will be determined during the host location registration.

- Raising Funds: Participants are encouraged (but not mandated) to reach out to friends, family members, and co-workers for sponsorship toward their team's effort. The Primary Contact can provide athlete's with pledge sheets to track their donations. During event day CHECK-IN each team's total funds raised will be turned in and recorded electronically (Google doc will be provided). Prizes will be provided to each affiliate to award to the 1st, 2nd and possibly the 3rd place winners for the most funds raised.

Donations can be made in a set dollar amount either by: Check made out to: "The Anne M. Wolf Breast Cancer Foundation" OR (recommended for tax-deductible receipts) On-line via the [Event Registration Site](#).

All funds should be turned in to the Primary Contact on event day and mailed using the self-addressed stamped envelope to The Anne M. Wolf Breast Cancer Foundation PO Box 83 Orrville, OH 44667.

If you **ARE NOT** interested, thank you for the consideration. We ask that you please promote the event with your athletes.

- Please inform us via the [online registration process](#) that you **ARE NOT** interested at this time and provide us your mailing address. We will supply you with event posters and flyers. Athletes can register via the [Event Registration Site](#) as teams of 2 for a \$65.00 donation. They are welcome to select any participating event location and heat time of their choice, until all available slots are filled. Please remind your athletes of the registration deadline, midnight on Dec 19th, in order to guarantee they receive an event shirt and their desired heat time.

Anne's Army, fighting the battle in honor of Anne Wolf



Anne Wolf of Orrville, OH was only 29 years old when she was diagnosed with stage IV breast cancer. Anne and her husband Josh had just given birth to their second child, Anderson Joshua (AJ) on 09-09-09.

Doctors determined the cancer started during her pregnancy and grew very rapidly; it had already spread to her lymph nodes, liver and bone. The plan of attack was an 18 week aggressive chemotherapy treatment, followed by surgery to remove the tumors and then a period of daily radiation.

We knew Anne had a difficult road ahead of her. Despite the diagnosis her spirits and outlook was very positive. She faced this battle head on. She asked for an army of people to help with prayers and well wishes to help her through this fight. Anne's Army was formed. The support poured in, from many different outlets. It was not only in the form of thoughts and prayers but all the little things that made a huge difference. Her army provided such things as: meals, cleaning services, lawn work, heart-felt cards, and not to mention the generous monetary donations. We intended to make sure her time and energy would be focused on fighting this disease and spending time with her family.

During her chemotherapy treatments she felt well and had very few side-effects. She concentrated on maintaining a healthy diet and keeping a routine exercise regimen, hoping that would create a stronger battleground to fight the cancer. Just two months into her battle, tests showed the aggressive chemotherapy treatment was working. The treatments were effective on the tumors in her liver and lymph nodes. She announced, 11-20-09:

"The cancer in my liver has shrunken considerably. Cancer has also gone completely away in some lymph nodes. The unfortunate news is that in total the cancer in the lymph nodes and breast has not shrunken as much as it should have by this time in my chemotherapy treatment. The good news is that there are a lot of different chemotherapy drugs which attack the cancer differently. I will switch to a different type of chemotherapy medicine within the next few weeks which we pray will fight the cancer more aggressively." - Anne

With this recent announcement from Anne, her best friend, Jamie reached out to her army. She created a Facebook group that has grown to over 1,000 members. Many have posted stories and their favorite photos of Anne. She reached out to the group asking for help to make Anne's dream possible, 12-15-09:

"When Anne and I were in college together, our sorority volunteered for Komen Columbus Race for the Cure. At the time, I remember everyone complaining about things from tee-shirt orders to the fact that it was far too cold and far too early to be standing on those street corners just WAITING for people to run by. But as those first runners came by, each girl had tears in her eyes. We suddenly all realized why we were there. This could be us someday. And now it is....

The same week that I found out about Anne's illness, we decided that our goal would be to make it to Komen Columbus Race for the Cure 2010 and walk together. I am already recruiting sorority sisters of Anne's, along with friends, family, neighbors, and I'm feeling hopeful that we can also get a huge showing from Smucker's (Anne's employer). I know that we all wish we could "do something more" and I can't imagine a better way than to literally walk behind Anne to show her that we're behind her. I get goosebumps just thinking of this amazing AMGW (Anne Mary Gortner Wolf) Army that will parade through Columbus that day...and I hope you all will be a part of that with us." - Jamie



As the Holidays approached Anne continued to show amazing strength, courage, and a positive attitude. She enjoyed a wonderful Christmas holiday with her family.

Unfortunately, between the Christmas and New Year's holidays she was admitted to the hospital due to muscle pain, fever, and fatigue. She underwent rigorous testing on 12-31-09. The results of those tests indicated that the disease had progressed. She was prescribed pain medications and antibiotics to help control the pain and possible infection.

Her doctor had been working to get her set-up for a completely new chemotherapy regimen. A clinical trial that was specifically designed for individuals with her type of cancer. She was saddened that the disease had progressed, but she remained hopeful about beginning a new treatment as soon as possible.

On January 6th 2010, her team of doctors determined that she was unable to receive the new chemotherapy treatment. Even in her last days, she was still determined to find answers. During her battle with breast cancer she spent countless hours exploring and investigating her disease, if not for her, for other women. Then, on January 8th 2010, the devastating news, her four month long battle came to an end. We miss her deeply and are committed to continuing this fight in her honor. In her memory, we will champion the cause and do all that we can to FIND A CURE for this horrible disease that took our beloved Anne and so many others too early. We will never forget her great sense of humor, positive attitude, strength, and that beautiful smile. She is truly an inspiration to us all.

