



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



CrossFit Cadre
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5170 Hudson Dr
Hudson, OH 44224



October 17, 2014

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 2015 event. On January 10th 2015, the 5th 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 four 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 by inviting neighboring affiliates to this event
- Offer your athletes a way to give back; as all contributions go directly to breast cancer research
- Proudly be an event location for a positive, heart-felt cause. Operation: Find a Cure!

See it for yourself, view our video: <http://vimeo.com/63874166>

On the next few pages you will find: complete event details and Anne Wolf's story. Anne is the inspiration for our hard work, although, our motivation is for 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
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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.



2015 Goals:

Establish a solid base of affiliate locations that will host this event annually.

2014 Anne's Army Workout Of the Day Results:

- 16 CrossFit affiliates participated in the event:

24 CrossFit	CrossFit Akron	CrossFit Wooster
924 CrossFit	CrossFit Cadre	Cuyahoga CrossFit
Black Sheep Sports Performance	CrossFit Distinction	Molon Labe CrossFit
Chesapeake Mission Critical	CrossFit Exchange	C-Town
	CrossFit Saol	Rubber City Crossfit
	CrossFit Crooked River	SPC Crossfit

- The workout was hosted by 7 different locations with a total of 280 participants:

Crossfit Cadre – Hudson, OH
Black Sheep Sports Performance – Gaithersburg, MD
CrossFit Exchange – Gaithersburg, MD
Molon Labe CrossFit – Macedonia, OH
CrossFit Saol – Twinsburg, OH
CrossFit Akron North – Stow, OH
CrossFit Wooster – Wooster, OH

Our sincerest thanks goes out to these affiliates for opening their doors to this event.

- 2014 NET Funds Raised: \$15,603.04 Summary for past four years \$39,478.78

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? Reply to my email (annesarmy@gmail.com) if you **ARE** or **ARE NOT** interested in being a hosting location for the 2015 Anne's Army WOD.

If you ARE interested, please provide the following:

How many rowers you have?

How many members you have?

How many hours you'd like to offer the event? (ie: 2 hrs, 4 hrs)

Preferred start time? (ie: 7am or 8am)

Contact information for the primary contact person I should work with.

- Once I have this information, your box will be added to our [Event Registration Site](#) as a participating event location with the available heat times; as determined from your answers above. 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 3 for a \$100.00 donation. They may select your box as a participating event location and the heat time of their choice (until all available slots are filled). Pre-Registration will close at midnight on Dec 18th, at that time shirt ordering and distribution will occur. Please remind your athletes of the registration deadline in order to guarantee they receive an event shirt (or tank) 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 Dec 22nd for any remaining heat times, a t-shirt will not be included. 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 3 with rowing being core to the workout. One team member starts on the rower, the others start 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 21 minute AMRAP - Teams of 3

Partner #1: Row
 Partner #2&3: 20 Partner Abmat Med Ball Tosses (scale weight of med ball)
 20 Alternating Burpees to a Plate
 20 Deadlift __#/__# (broken up as needed)
 Mystery Partner Movement!

Rotate athletes on and off the rower after each round completed or as desired. This workout is scalable for everyone from the first timer to the extreme athlete.

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 Anne M. Wolf Breast Cancer Foundation is a 501c3, keep in mind that there could be opportunity for corporate matching. 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 from our sponsors will be provided to each affiliate to award to the 1st, 2nd and 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.