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Susan G. Komen for the Cure® Heads to the Starting Line *Two Inspiring Women Take Charge of 20th Komen South Florida Race for the Cure*

WEST PALM BEACH, Fla., (August 31, 2010) – [The South Florida Affiliate of Susan G. Komen for the Cure® \(www.komensouthflorida.org\)](http://www.komensouthflorida.org) has announced the 2011 Komen South Florida Race for the Cure co-chairs, two women personally inspired to lead the 20th Annual Susan G. Komen South Florida Race for the Cure® on January 29, 2011. Karen List and Sandra Spender are teaming up this year to chair the 2011 Race. Last year, the two women served as Race co-chairs, helping Race Chair, Patti Abramson on one of the best races to date.

Komen for the Cure is the world's largest grassroots network of breast cancer survivors and activists. The Komen South Florida Race for the Cure, set for January 29, is the largest fundraiser for the South Florida Affiliate and has the distinction of being the first Race of the calendar year among all Affiliates. The Affiliate is now accepting Sponsorship Applications and Race Registration for participants will begin October 1. The Affiliate serves Palm Beach, Martin and St. Lucie counties.

Karen List: Race Co-Chair List's goal for this year's event: reach populations that they haven't before. "Breast Cancer affects everyone, not just the person who has been diagnosed. This disease devastates spouses, partners, friends, parents and children of a person with breast cancer, leaving many of them feeling helpless. List, diagnosed with breast cancer ten years ago, has been involved with the Race for eight years – starting as a volunteer team contact and stepping up her role last year. Her mission is two-fold: to raise the much needed funds to continue to provide services and support in our community; and to help fund cutting edge research for the larger national community in the hopes of one day seeing a world without breast cancer. List and her husband, Marty, live in West Palm Beach. They have two sons, Evan, 24 and Braden, 21.

Sandra Spender: Race Co-Chair Spender is also a ten-year breast cancer survivor diagnosed at the young age of 30. She met her Race partner, Karen List as they were both undergoing cancer treatment and they forged a lifelong friendship. Her first Race was in 2000, two weeks after her first chemo treatment once diagnosed with breast cancer. She was so moved and inspired by the outpouring of support she received that she knew she'd be involved with Komen and the Race forever. Told by the doctors treating her cancer that she would never be able to have children, it is a true miracle that she has two children, nine-year-old twins, who were miraculously conceived during the end of her chemotherapy. Spender credits the support of her family and friends with helping her recover. She has battled through every challenge that has come her way and her strength is a true inspiration to all who come in contact with her. One of Spender's goals for the upcoming Race is to raise more awareness among the younger members of the community, since breast cancer effects younger men and women as well. Spender, an optometrist, lives in West Palm Beach.

About Susan G. Komen for the Cure®

Nancy G. Brinker promised her dying sister, Susan G. Komen, she would do everything in her power to end breast cancer forever. In 1982, that promise became Susan G. Komen for the Cure, which is now the world's largest breast cancer organization and the largest source of nonprofit funds dedicated to the fight against breast cancer with more than \$1.3 billion invested to date. For more information about Susan G. Komen for the Cure, breast health or breast cancer, visit www.komen.org or call 1-877 GO KOMEN.

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