

THE POWER OF ONE

Spell out KOMEN by engaging every day throughout the Power of One week

K	O	M	E	N
ONE Mission Monday	Tell a donor how Komen makes an impact	 COMMUNITY	Track your steps	
Download the app	My ONE Tuesday	Reach out for a new donation!		 ACTION
	Up your fundraising goal!	ONE Community Wednesday	Post a photo in your Facebook Group	
 CARE	Snap a selfie!	Recruit ONE friend to join your team	Celebrate ONE Thursday	Celebrate!
Remember Your Why		Train with your team!	 RESEARCH	ONE Friday Friday

#powerofONEweek

Check out the exciting activities leading up to the Race for the Cure on October 2

Register: komen.org/houstonrace
Email: mbeasley@komen.org

AUGUST 31

WEBINAR #3
LET'S
PUSH IT!



SEPTEMBER 14

WEBINAR #4
THE POWER
OF ONE



SEPTEMBER 18

SURVIVOR
HOPE CAR
PARADE



SEPTEMBER 22

FAMILY MOVIE
NIGHT AT IPIC

Presented by

RIVER OAKS DISTRICT
HOUSTON



SEPTEMBER 25

FITNESS
CLASS @
EQUINOX



SEPTEMBER 27



MONDAY



SEPTEMBER 28

MY ONE



Presented by **TEXAS ONCOLOGY**
More breakthroughs. More victories.™

SEPTEMBER 29

ONE COMMUNITY



Presented by **smart financial**

SEPTEMBER 30

CELEBRATE ONE



Presented by **Kroger**

OCTOBER 1

ONE FUNDAY



Presented by **utmb Health**

OCTOBER 2

2021 HOUSTON
susan g. komen
race
FOR THE **cure**®



OCTOBER 5



SEPT 18	<p>SURVIVOR HOPE CAR PARADE AT CITYCENTRE 8:00-9:00 AM 800 Town and Country Blvd, Houston, TX 77024 Sign up at: https://bit.ly/SGKHopeCarParade</p> <p>A parade of hope for survivors and those living with metastatic breast cancer, social distancing style. Decorate your car while we celebrate you!</p>	<p>FAMILY MOVIE NIGHT AT IPIC PRESENTED BY RIVER OAKS DISTRICT 6:30 PM 4444 Westheimer Rd, Houston, TX 77027</p> <p>Join us for an family friendly evening of fun at IPIC! We will be showing a family favorite, Stuart Little! For more information visit: https://bit.ly/SGKIPICMovieNight</p>
SEPT 25	<p>FITNESS CLASS FOR A CURE AT EQUINOX 1:00 PM 4444 Westheimer Rd, Houston, TX 77027</p> <p>Join us for a fun fitness class "best butt ever" hosted by Equinox! Tickets are \$35 and can be purchased at: https://bit.ly/RODFitnessClass. Attendees will also have access to all of the fitness center amenities after class!</p>	<p>ONE MISSION MONDAY</p> <p>FUN: Complete the virtual ONE Mission Journey found online to further educate yourself about breast cancer, Komen's impact and resources, and how you can make an impact!</p> <p>Share ONE new thing you learned in the Facebook group and use the hashtag #raceforthecure #powerofone</p>
SEPT 28	<p>MY ONE TUESDAY PRESENTED BY TEXAS ONCOLOGY</p> <p>FUN: Share your reason for walking by taking printing out your downloadable back sign, and sharing a photo on Facebook (and in our group) and the story of why you walk! Use the hashtag #MYONE</p>	<p>ONE COMMUNITY WEDNESDAY PRESENTED BY SMART FINANCIAL</p> <p>FUN: Wednesday is all about community! Pink Your Porch, Chalk Your Walk or Set Out Your Yard Sign and share a photo of how you are sharing with the community today! Share your story and encourage your friends and family to sign up and join you for the Race!</p>
SEPT 30	<p>CELEBRATE ONE THURSDAY PRESENTED BY KROGER</p> <p>FUN: Gather your team, virtually or in-person and carb up for the Race! Our friends at Kroger will be sharing some tasty dishes that you and your team can prepare and enjoy as ONE! Tune in to our Facebook page for more details.</p>	<p>ONE FUNDAY FRIDAY PRESENTED BY UTMB</p> <p>FUN: Grab your pink tutu's, boas, vintage race T's, handmade accessories and PINK OUT! You can even pink your pet! Put on your best pink attire and post to the Komen Houston More Than Pink Facebook Group! Get creative! Have fun with More Than Pink Day! Join our Facebook Group tiny.cc/komenmorethanpink to stay connected.</p>
OCT 2	<p>2021 KOMEN HOUSTON RACE FOR THE CURE & VIRTUAL RACE DAY PROGRAM 9:00 AM</p> <p>Join us in-person or virtually for the 2021 Houston Race for the Cure. We will have our in-person Race in Downtown Houston with a LIVE opening ceremony. We will also have a virtual program for those who are participating virtually. Keep an eye on your email for more details!</p>	<p>PAINT THE DISTRICT PINK: RACE WRAP UP PARTY</p> <p>Join us for Paint the District Pink on Tuesday, October 5 at The River Oaks District benefitting Susan G. Komen. This event will wrap up our 2021 Houston Race for the Cure and kickoff National Breast Cancer Awareness month.</p> <p>If you'd like to attend this event you can purchase tickets online at bit.ly/sgkpartyinpink</p>

Contests

Kids Coloring Competition

Kids for the Cure are invited to express their creative genius with a coloring contest presented by National Oilwell Varco. Winner receives an IHOP gift card! Winner announced during the Race day program.

Download bit.ly/3yZ8f4A

Team T-Shirt Design Competition

Team T-Shirt Competition for the most creative, inspiring, or sole-ful, design. Winner gets bragging rights and a fun Team prize. Must be a registered team of 2 or more. Email your design to mbeasley@komen.org by Sept 24!

Betty Bezemer Spirit Award

In memory of Komen Houston Board member Betty Bezemer, we have created the Betty Bezemer Spirit Award. She would show up on Race day in her best pink tutu. Show your spirit during Race Week in our Facebook group to be selected for this meaningful award.