

## **Pink Ribbon Invitational**

The KGDC Twisters invite you to join us for the 2008 Pink Ribbon Invitational (PRI)! We are very excited to host this first class event here in the Kansas City area. You may be asking, what is this Pink Ribbon Invitational all about? As you all may or may not know, our gymnastics club and specifically, our family has been affected by breast cancer during the past few years. The experience we have had fighting and beating this disease has inspired us to try to make a difference for women, both young and old, who may one day have to fight this disease.

After hosting competitions for years, we said, "Why not host a competition to raise funds to help prevent and treat patients with breast cancer?" After planning and deliberating for a couple of years, we made the leap, no pun intended, to putting on, what we believe to be one of the best competitions of the year. Last year, we raised \$3000 at the 2007 Pink Ribbon Invitational and donated the funds to the American Cancer Society for Breast Cancer Research. We would love to give more to the fight against breast cancer and hope you will join us for this year's special event!

### **FACTS ABOUT BREAST CANCER:**

- In 2006, the American Cancer Society estimated that 212,920 women will be diagnosed with breast cancer; during this same time, 40,970 will die. In addition, about 1,720 men developed breast cancer and 460 will die.
- Breast Cancer is the leading cause of death in women between ages of 40 and 59.
- 80% of all breast cancers occur in women with NO KNOWN RISK FACTORS. All women are at risk; and one's risk increases with advancing age.
- The majority of breast cancers occur in women 50 years and older. However only 35% of the women in this age group follow the screening guidelines. The mortality rate would decrease by 30% if every woman over 50 was informed and followed the guidelines.
- There is no known cure for advanced breast cancer. Detection of breast cancer at an early stage provides a greater chance of cure and more treatment options.

Our oldest sister was diagnosed with breast cancer in 2003 at age 36. It was in the moderate stages and was treatable. She underwent a double mastectomy immediately that was followed by chemotherapy and radiation treatments. Her treatment and recovery took three long years, multiple surgeries, and months of rehabilitation. That being said, you can see why we are so passionate about this cause. You can understand why we want to do what we can to help prevent this from happening to our daughters, nieces, sisters, aunts, mothers, grandmothers, and to our athletes that we coach every day.

As we said before, we are excited to host this event and have the opportunity to contribute to the prevention and treatment of breast cancer. We have many special things planned for the girls and guarantee you a first class competition. Enclosed you will find information about the 2008 Pink Ribbon Invitational.

Thank you,

Annie Heffernon and Billie Pinkham

KGDC Twisters

## 2008 PINK RIBBON INVITATIONAL DETAILS

### **MEET LOCATION:**

UMKC Swinney Recreation Center  
5030 Holmes, KC, MO. 64110

**COMPETITION DETAILS:** All sessions, with the exception of the PRI Finals, will be run in the Modified Capitol Cup Format – 2 sets of everything with one shared floor. We will warm up floor between routines and there will be a tumble strip available for use during each session.

**FIRST AID:** We will have a physical therapist on duty for the Level 7,8,9,10 sessions and our team doctor, Dr. Randy Goldstein, will be available throughout the weekend for any medical emergencies.

**AWARDS:** At the awards ceremony, each athlete will receive a unique PRI plaque for participation as well as a gift from us to the athletes, thanking you for your support of this year's PRI. As always, tons of awards will be given and age groups will be broken down as evenly as possible to ensure that we give as many awards as we can. The winning teams in each session will receive awesome one-of-a-kind PRI trophies as well!

**FINALS:** Level 8,9, and 10 junior and senior athletes will be eligible to compete in the Finals Competition on Saturday night. This is a special session that will showcase the PRI's finest performances. The top six junior and senior athletes from Levels 8,9, and 10 qualify to the Finals competition where they will compete for individual event titles. Finalists must check in immediately after the awards ceremony at the finalist check-in table.

**HOTEL INFORMATION:** Sheraton Suites Country Club Plaza  
700 W. 47th Street; KC, MO. 64112

**ROOM RATE:** \$129.00/night – Mention Kansas Gymnastics or Pink Ribbon Invitational when making reservations.

**RESERVATIONS:** Call 816-931-4400 for reservations. There is a pool, restaurant on site, a fitness center, and a refrigerator and microwave in every room. For more details, look on the map to the Sheraton Suites.

**TENTATIVE SCHEDULE:** This is just what it says – "TENTATIVE". The schedule is subject to change as the competition fills up. Right now, this is what we have planned:

Friday, March 7, 2008 – Levels 7,8,9,10 and possibly Level 6

Saturday, March 8, 2008 – Levels 4,5,6 and Finals for Levels 8,9,10

Sunday, March 9, 2008 – Levels 1,2,3,4 and possibly 5.

**ADMISSION:**

Tickets are available for all days and sessions. Please check the options below and to make your selections.

Friday All-Day Pass \$15.00/adult \$8.00/child

Saturday All-Day Pass \$15.00/adult \$8.00/child

(excluding The Finals)

Sunday All-Day Pass \$15.00/adult \$8.00/child

Tickets for The Finals \$8.00/adult \$5.00/child

You may also pay PER SESSION the day of the competition.

Admission per session is:

\$8.00 per session/adult \$5.00 per session/child

**Directions to Volker****Campus**

The majority of UMKC's Volker campus is centered around 51st Street and Rockhill Road. It is roughly bounded by 55th St. to the south, 47th St. (Emanuel Cleaver II Boulevard) to the north, Troost Ave. on the east and Brookside Blvd. on the west. The following instructions are designed to get you to the Volker Campus from the outlying community with the least number of turns and confusion.

**From the West**

Follow I-70 east to I-670 east to I-35 south. The exit to I-35 is to the right as you near Bartle Hall (the big building with the four towers). Once you're on I-35 south move to the left lane and follow the instructions below for Southwest Trafficway.

**Southwest Trafficway**

Once you're on I-35 south from the downtown loop, at about 24th St., make a left exit off of I-35 onto Southwest Trafficway. Follow it to the Country Club Plaza -- past 39th and 43rd streets. After 43rd street, start moving into one of the two left lanes. At the bottom of the hill, there is a light at a major intersection (47th St.). Turn left at the light onto 47th St. and travel through the Country Club Plaza for several blocks. You go through several intersections before you reach the two major intersections that mark the far (east) side of the Plaza. The first is JC Nichols Parkway and the next is Main Street/Brookside Blvd. (Main goes north, Brookside heads south). Continue through both of these intersections. The next light is Oak St. If you are heading to the University Center – Parking is available here. (the UC, Pierson Auditorium, the Bookstore), continue past Oak St. until the next light which is Rockhill Rd. Turn right (south) onto Rockhill. In two blocks, you'll reach a major five-way intersection where Rockhill crosses Volker Blvd. and where Cherry St. starts and heads south. There is a large blue UMKC sign in front of you at the intersection. There are two left turn lanes. The hard left is onto Volker Blvd. The inside left lane is a soft left that takes you up Rockhill Rd. Take the inside left turn and go up Rockhill. The first turn on your right (in about half a block) is the entrance for the parking lot for the UC. The Bookstore is in the back on the ground floor of the UC as you enter through the main doors up the stairs. Pierson Auditorium is on the top floor. The elevator is at the back of the building. As you exit the elevator on the top floor, Pierson Auditorium is to your left.