



Dear Prospective Partner,

With your donation to the 2020 Triumph Uncorked event, another cancer survivor will have the opportunity to triumph!

A cancer diagnosis and subsequent treatment can have significant ramifications on a survivor's overall quality of life. The impact of treatment on a survivor's physical fitness can be profound and may include loss of muscle mass, extreme fatigue, and reduced stamina. Published medical research indicates that survivors who exercise report less exhaustion, as well as an overall increase in their health, wellness and quality of life. Exercise is also a key component in reducing a cancer survivor's chance of recurrence. However, as many of us know through personal experience or that of a loved one, forging ahead as a cancer survivor is oftentimes daunting or lonely. Reengaging in exercise, or beginning for the first time, can be difficult for a survivor who doesn't "recognize" their new body, fears injuring themselves, and has low self-esteem. Very few programs exist to support the physical recovery process. Triumph Fitness was created to fill this critical gap and help survivors in recapturing their lives.

On **September 25, 2020**, Triumph Cancer Foundation, a Sacramento-based nonprofit and 501(c) (3), will host our first (and hopefully only) virtual Triumph Uncorked Event. The great news is with our auction being online this year our auction will be open for viewing and bidding for several days.

Triumph Uncorked supports the unique programs offered by Triumph Cancer Foundation to local cancer survivors in the Sacramento region. Triumph Fitness is our signature 12-week program – a program designed specifically to assist adult survivors in their recovery process. Survivors are taught by Triumph Instructors, all certified cancer exercise specialists, who educate participants on proper form and technique while slowly rebuilding strength, stamina and confidence lost during cancer treatment. Our classes have all continued in a safe and effective virtual platform since the coronavirus outbreak. Triumph Fitness is offered at no cost to the survivor.

Enclosed you will find more information including our Auction donation form. We invite you to join us as a "partner" for the 2020 Triumph Uncorked event. Your donation will help another cancer survivor in recapturing their life after cancer treatment. For every \$1,500 we raise, another cancer survivor is given the opportunity to enroll in Triumph Fitness. With your support, together, we can triumph!

Thank you,

Pam Whitehead, Executive Director  
[pwhitehead@triumphfound.org](mailto:pwhitehead@triumphfound.org)

Lisa Troshinsky Vernekoff, Development Director  
[lisa@triumphfound.org](mailto:lisa@triumphfound.org)

**Board Members**

Skip Rosenbloom	Pam Whitehead	Alicia Lowe	Jamie Baker
Michael Gutterman	Steve Childs	John Winn	Alan Anderson
			Paula Plesha

Triumph Cancer Foundation  
947 Enterprise Drive Loft B Sacramento, CA 95825

**[triumphfound.org](http://triumphfound.org)**

## TRIUMPH UNCORKED EVENT DETAILS:

**DATE:** September 25, 2020 (6:00 PM to 8 PM)

**LOCATION:** Our 2020 Event has transitioned to a Virtual format. What does this mean? Attendees of our event are not just limited to the 400+ guests that typically purchase tickets to Triumph Uncorked. Anyone who would like to support Triumph can attend, support, and bid on auction items online!



## BENEFICIARY:

The **Triumph Cancer Foundation** is a registered 501(c)(3) public charity based in Sacramento, California. Tax ID #45-3968833. The mission of the Triumph Cancer Foundation is to empower cancer survivors in recapturing their lives after treatment through programs like Triumph Fitness. Triumph Cancer Foundation also offers continuing programs for graduates to keep them engaged in exercise - Triumph to 5K walking/running program, Triumph Tune Ups to reengage alumni with their instructors, and Triumph to the Summit annual hiking program. **All programs provided by Triumph Cancer Foundation are offered at no cost to the participant.**

**Triumph Fitness** is a 12-week exercise program for adults who have recently completed cancer treatment. Participants build muscle mass and strength, increase flexibility and endurance, and improve their capacity to perform daily activities. An important goal is to help survivors develop their own fitness regimens – so that they can continue to triumph on their own.

Groups of 8-10 participants are guided by Triumph's fitness instructors who are certified in cancer exercise specialists trained to work with the cancer population. Exercise regimens are tailored to the specific needs of each participant.

With the advent of the coronavirus, our team at Triumph made significant changes to our programming. All classes are now offered virtually so that participants can safely exercise in the comfort of their own homes. They are still working out with fellow cancer survivors in small groups, and continue to be guided by our team of cancer exercise specialists. In addition, we have created special Triumph on the Go Exercise Bags that are provided to each participant at the start of the trimester to insure that everyone has the necessary basic equipment needed to participate in our program. The silver lining in this transition is that we are demonstrating to our participants that they can effectively workout out at home. Our team continues to monitor the situation with the coronavirus closely and when we feel it is appropriate and safe to do so, we will transition back to our partner fitness facilities.

**Triumph Fitness** was launched in 2005 by Sacramento cancer survivor Pam Whitehead after assembling a qualified team to develop Triumph Fitness. The program is offered in the Sacramento area on a trimester schedule in four locations with multiple time options.

**TRIUMPH UNCORKED DONOR FORM**

COMPANY / INDIVIDUAL: \_\_\_\_\_

CONTACT PERSON: \_\_\_\_\_

STREET: \_\_\_\_\_

CITY: \_\_\_\_\_

STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_ E-MAIL: \_\_\_\_\_



The Triumph Cancer Foundation gratefully acknowledges your contribution. This statement serves as a formal acknowledgement for Federal tax purposes of your contribution of the items described below. You received no goods or services in exchange for this contribution. Please retain this acknowledgement as evidence of your contribution. Our Tax ID # is 45-3968833.

**ITEMS DONATED AND DESCRIPTION**


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To claim a tax deduction for a non-cash contribution to a charity, a donor must keep a record of the fair market value of the contributed property. Federal tax law does not permit Triumph Cancer Foundation to determine the value of your contribution. To assist in your record-keeping, you may choose to document below the estimated fair market value of your contribution. For more information about the contribution of property, including possible appraisal requirements, please see IRS Publication 26, "Charitable Contributions" and consult your tax advisor.

Estimated "fair market value" of item(s) as determined by donor: \_\_\_\_\_

Date Received: \_\_\_\_\_ Received by: \_\_\_\_\_

☐ Received at Foundation office    ☐ Picked up by Triumph staff    ☐ Picked up by Triumph volunteer

Expiration date (if applicable): \_\_\_\_\_

Solicited by: \_\_\_\_\_

**Thank you for your support!****Questions?** Contact Lisa Troshinsky Vernekoff at 916-882-3880. Items needed by no later than August 1<sup>st</sup>.