



2023

Auction Sponsorship Package





Dear Prospective Partner,

With your donation to the 2023 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 often includes 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 improvement in their health. Research also indicates that exercise is a key component in reducing a cancer survivor's chance of recurrence. 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 recover.

**On Friday evening, September 22, 2023, Triumph Cancer Foundation, a Sacramento-based nonprofit and 501(c) (3), will host the 13<sup>th</sup> annual Triumph Uncorked event.** Our Live Auction will be held at the venue (Helwig Winery.) Our Silent Auction will be held online allowing us to open the auction for a longer time period and to a broader audience with portions of the auction on display at the Triumph Uncorked event.

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 our team of 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. Triumph Fitness is offered at no cost to the survivor and is offered in both in-person and virtual formats, giving survivors the ability to select the format which is most comfortable and convenient for them.

Enclosed you will find more information including our Auction donation form. We invite you to join us as a "partner" for the 2023 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-Fox, Strategic Partner & Development Director  
[lisa@triumphfound.org](mailto:lisa@triumphfound.org)

**Board Members**

Pam Whitehead

Alicia Lowe

Jamie Baker

John Winn, MD

Michelle Trowbridge

Triumph Cancer Foundation  
Mailing Address: 2443 Fair Oaks Blvd. #345 Sacramento, CA 95825

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

## TRIUMPH UNCORKED EVENT DETAILS:

**DATE:** September 22, 2023 Friday Evening  
(5:00 PM to 10 PM)

**LOCATION:** Helwig Winery  
Plymouth, California [www.helwigwinery.com](http://www.helwigwinery.com)

**NUMBER OF ATTENDEES:**

400 guests and volunteers

**TICKETS:** Duo Tickets = Starting Price \$325.  
Individual Ticket (upon request) = Starting Price \$185.

**TICKETS INCLUDE:**

- Private benefit concert at picturesque Helwig Winery's Amphitheater.
- **"Duo"** tickets include gourmet picnic dinner (for 2), picnic blanket, insulated picnic tote, bottle of wine and wine glasses (2).
- **Silent Auction** in the Pavilion and virtual. **Live Auction** in main amphitheater.



**PRE-SALE TICKET PRICING** = \$315 (per Duo) or \$175 (per individual)

To purchase tickets for the **Triumph Uncorked** event, please visit: [www.triumphfound.org](http://www.triumphfound.org) and click on the Triumph Uncorked Event page or contact [lisa@triumphfound.org](mailto:lisa@triumphfound.org). Ticket sales will go live in July 2023.

## 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 provide exercise-focused programs to adult cancer survivors to assist in their recovery from cancer treatment. Triumph Fitness is our signature program, offered at no cost to the participant since 2005. Triumph Cancer Foundation also offers continuing programs for graduates to keep them engaged in exercise – Triumph 2.0 an advanced program for graduates, Triumph Tune Ups to reengage alumni with their instructors, and Triumph to the Summit annual hiking program.

**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 each possess a cancer exercise specialist certification. Exercise regimens are tailored to the specific needs of each participant. Triumph Fitness is taught in both an in-person and virtual format.

**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 metro area on a trimester schedule.

**TRIUMPH UNCORKED AUCTION 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**

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: \_\_\_\_\_

Specify How Donor Should be Listed on Auction Materials: \_\_\_\_\_

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

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

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

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

