

September 28, 2022

National Breast Cancer Awareness Month

Let's get ready for National Breast Cancer Awareness Month! This October, help us raise breast cancer awareness by hosting a BFTC tournament, running a 50/50 raffle or collecting donations during league. Every little bit counts in our fight to end breast cancer, so show your PINK spirit any way you can.

If you are hosting an event or fundraiser this year, we want to promote your event on the BFTC website and Facebook page. Please fill out this [form](#) if you will be holding an event. After the event has concluded, please fill out the [event report](#) to let us know about your successful event. All checks should be made out to Bowl for the Cure and mailed to 621 Six Flags Dr., Arlington, TX 76011.

If you have questions or want to check out available event resources, please click [here](#).

Halloween Pink Treats



Bowl for the Cure
USBC

A Halloween Sweet Treat for You

Donate \$25+ for your GIFT!
Promo code: BOO22

Donate

Join in on the spooky season with a tasty BFTC treat! Celebrate National Breast Cancer Awareness Month by donating \$25 or more to Bowl for the Cure using the promo code BOO22 and receive your GIFT! We only have a limited number of treats available so act fast.

[DONATE HERE](#)

2023 Bowl for the Cure Week at the Women's Championships

We had such great success with Bowl for the Cure Week that USBC is hosting another event at the 2023 Women's Championships. We look to increase breast cancer awareness, honor survivors and drive donations in our fight to cure breast cancer.

Activities include the Approach of Hope, a raffle and daily prizes! All funds donated during the week will go to Bowl for the Cure.

To register for the tournament and support Bowl for the Cure Week, which is taking place June 19-25 in Las Vegas, click the "Register Now" button below.

If you are already registered for the week but would like to recognize yourself or a teammate as a survivor, please fill out this [form](#).

We thank you in advance for your participation and look forward to seeing you at the 2023 Women's Championships!

[REGISTER NOW](#)

If you have questions concerning the event, please email bftc@bowl.com.

Bowl for the Cure Merchandise



BFTC has some exciting new merchandise available for your events, league fundraisers or to enjoy yourself. Support the cause and look stylish while sporting a BFTC visor or taking notes on a BFTC notepad! Check out our new merch [here](#).

If you are interested in purchasing bulk items or have any questions, please email bftc@bowl.com.

Pink Facts

There are many ways to reduce the risk of breast cancer, but one of the best ways is to stay active. Whether you prefer a scenic bike ride or brisk walk in the neighborhood, 2.5 to 5 hours of exercise a week can greatly lower your risk of breast cancer, according to the National Cancer Institute. Exercise is important before and even after being diagnosed with breast cancer as studies have shown increased survival rates (68%) and lower risk of recurrence (55%) with exercising. Understandably, most

people who have been diagnosed with breast cancer do not exercise regularly, but the importance of exercising does not change after a diagnosis. Read more about the study and get tips for staying active [here](#).

A great way to stay active and support the cause is to join a 3-Day! Susan G. Komen is excitedly planning for their upcoming [Dallas 3-Day](#) taking place Nov. 4-6, 2022. The 3-Day is an annual event where the dedicated breast cancer community of women and men embark on a three-day, 60-mile walk to raise critical funds that fund breakthrough research and breast cancer patient programs.



If you are in the Dallas/Fort Worth area and would like to participate, you can sign up [here](#).

Pink Highlight – Lynsey Jackson

This month we would like to highlight Lynsey Jackson from Tullahoma, Tennessee. Lynsey has run the Bowling for Boobies tournament for the past two years, raising over \$9,000. Not only is she a champion for the cause, but she is a leader in her community, winning the Ambassador of the Year award at USBC Convention. She is a shining example of the young leaders in our community and what the future holds. Lynsey, thank you for your support, dedication and passion for the cause.

Missed the last BFTC newsletter? Go to BOWL.com/bftc to check out the past newsletters.

If you have stories, memories or words of encouragement you want to share with the community, we want to hear from you. If we choose your story for the newsletter, you will receive a **Bowl for the Cure bowling pin!** Please email bftc@bowl.com with the subject line "BFTC Highlight" or you can mail a letter to:

United States Bowling Congress
Bowl for the Cure
621 Six Flags Dr.
Arlington, TX 76011