The Prouty Chronicle

Celebrating the 37th Annual Prouty and Why We're "Great-full"

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# From the Event Director

What a great Prouty! For those of you familiar with the weather pattern of recent years, I think we all shared a sigh of relief that, although there may have been some sprinkles, there were no major storms, no lightning, no thunder, and no road closings (yay!).

Weather aside, hands down, the best part of the day for me is talking to the remarkable people who come to The Prouty<sup>™</sup>. There are literally hundreds of patients, survivors, and loved ones all challenging themselves in some way to fight this disease. Woven through the pages of this *Prouty Chronicle* are their stories. Stories that move us, inspire us, bring us joy and sometimes tears.

As you read Audrey Prouty's story (below), you'll see why we were so excited to have Cindy Spicer, one of the founding nurses of The Prouty, riding the 50-mile route this year. Her presence inspired everyone she encountered.

This was our 37<sup>th</sup> Prouty and we were honored to have more than 4,200 participants from 34 states and 6 countries bike, walk, row, and golf to support Dartmouth's Norris Cotton Cancer Center! Our heartfelt thanks go out to the 1,100 volunteers who committed thousands of hours to help keep our participants fed, hydrated, entertained, and safe. Thank you to the more than 275 local and regional businesses who stepped up to help produce The Prouty, donating hundreds of thousands of dollars in money and in-kind products and services. We literally couldn't do this without you.

And let me say we are truly humbled by the support of the Jack & Dorothy Byrne Foundation. Not only is it our presenting sponsor, it offered a matching grant of \$500,000 which we took full advantage of!

All together, we raised more than \$2,760,000! How great is that? But it's more than just a number. That money makes possible discoveries in research that will change the way cancer is treated around the world. And it supports services that help our cancer patients every day through their cancer journey (read page 16).

A great Prouty plus a grateful team of patients, researchers, providers, and nurses make The Prouty "great-full!" Peruse the pages of this year's *Prouty Chronicle* and let it touch your heart with what you made possible. And then, let's do it again next year! Mark your calendars for Friday and Saturday, July 12 and 13, 2019 when we'll bring you (with your help!) the 38<sup>th</sup> Annual Prouty.

Jean Brown

Jean Brown



Audrey Prouty lost her nine-year battle with ovarian cancer in August 1982. Four of her nurses, Patty Carney, Cindy Spicer (pictured here on the right), Heather (Adams) Klassen, and Catherine (Hallisley) Shannon, were so inspired by her courage, they committed to cycling 100 miles through the White Mountains of New Hampshire to raise money and awareness for cancer research. That first ride raised \$4,000. *Since that time, The Prouty has raised more than \$36,000,000!* 

# From the NCCC Director



As the new director of Norris Cotton Cancer Center, I can't tell you how exciting it was to be at my first official Prouty. And what a Prouty it was! \$2.7 million raised to date, more than 4,200 participants, and 1,100 volunteers all coming together to support this unique and special Cancer Center.

When I was a guest at The Prouty<sup>™</sup> in 2017, before I officially started work here, what struck me most was the strong sense of community I felt on the field at the Richmond Middle School. Having now seen the run-up to The Prouty, what it takes to make it happen, and how many people come together on that day to support patients, here and around the world, I am extremely humbled.

This year, I had the privilege (or the punishment!) of riding the Prouty Ultimate on Friday. The route was spectacular, the weather just about perfect, and the commitment of the Ultimate riders was inspiring. On Saturday, I cycled the 50-mile route and then headed towards 1 West (our inpatient area at the hospital) to share the joy of our patients doing their own version of The Prouty: how many times around the nurses' station could one go, resting and being refreshed at SAG stations along the way (read page 14). It was extraordinarily moving.

I was also moved by the support shown to The Prouty and the Cancer Center by our parent institutions. Phil Hanlon, President of Dartmouth College, and his wife Gail Gentes cycled the 50mile route. Duane Compton, Dean of Geisel School of Medicine, greeted participants coming to check-in on Friday night. Joanne Conroy, Dartmouth-Hitchcock CEO and President, both greeted participants on Friday evening and golfed on Saturday. And all of them addressed the crowds on Saturday, expressing their gratitude to the community for supporting this amazing, 37-year-old fundraising event and this nationally recognized Cancer Center.

At the end of the day, I was simply overwhelmed with feeling. Grateful, humbled, moved, inspired – these are only some of the words that come to mind to describe how I felt. Oh, and did I mention grateful? Our work simply would not be possible without you and we thank you!

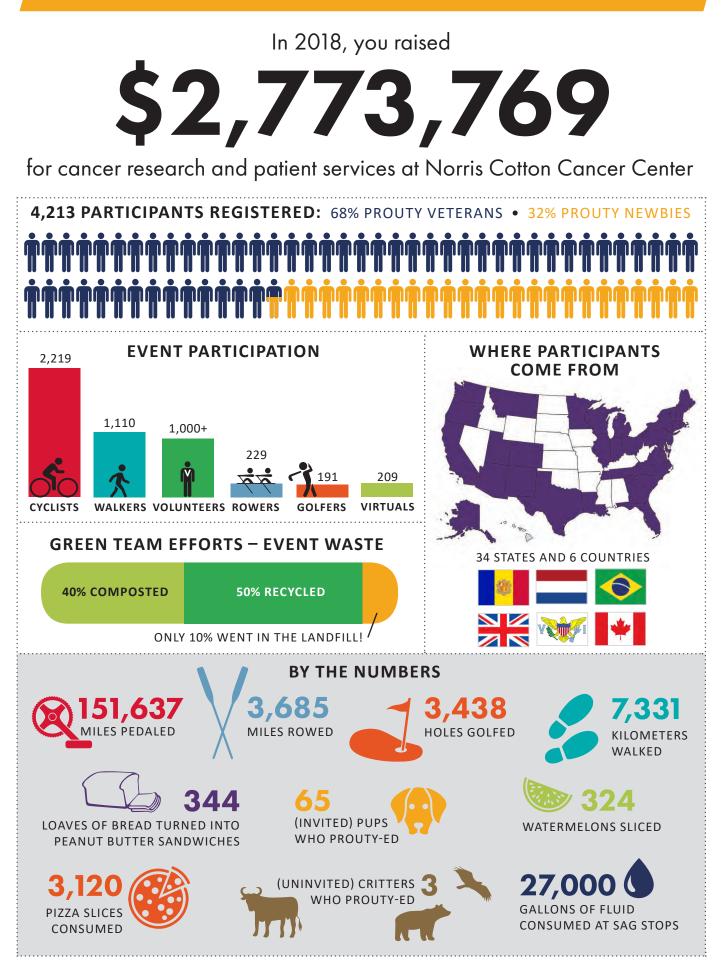
Warmly,

Str. D Ceach

Steven D. Leach, MD



Another great Prouty for the books! As we look back at the 37<sup>th</sup> Annual Prouty there is so much to be proud of and "great-full" for.



### New in 2018 – The Gravel Ride



The Prouty Gravel Metric Century Ride was a new offering in 2018 and was well-appreciated by the inaugural group. Gaining in popularity, gravel rid-ing appeals to many cycling enthusiasts interested in touring scenic secondary roadways, where cars are few and far between.

Our new gravel ride began with a rider-led "mass start" from the Richmond Middle School. There was great ride support from the Green Mountain Bike Patrol and seasoned support riders. While not for the inexperienced rider, this year's demanding ride was well worth the payoff. There were beautiful views of Moose, Sunday, and Peaked Mountains with the occasional stone wall and scenic pastures mixed in for good measure.

With a mixture of both paved and maintained gravel roadways, riders enjoyed the variety. One gravel ride convert and longtime Prouty participant was Tim Eliassen, who explained his gravel ride experience like this: "The Prouty Gravel Metric Century Ride was a breath of fresh air in the world of charity bike rides. The route combined dirt roads with some nice ups and downs, completely off the beaten path.



It meandered through several Upper Valley towns with paved, but rural, roads through very beautiful pastoral scenes along the Connecticut River. I've done and have enjoyed The Prouty<sup>™</sup> 100-mile route many times, but I will be doing the gravel ride from now on!"

Of course, traveling over gravel roadways can be challenging; however, that suits Brian Highhouse just fine because he and his wife relish the day: "The Prouty is one of the highlights of my summer, combining my passion for cycling and an opportunity to support cancer research. The addition of the Gravel Metric Century Ride is a perfect example of how the event continues to grow. It was interesting and challenging exploring the new route, especially on the gravel down hills while riding our tandem!"

There is something rustic about cycling over well-maintained gravel roadways that appeals to many. In fact, we're pleased to say that the Gravel Metric Century Ride will be back in 2019! We hope it will be another gratifying way to support the many who have been touched by cancer.



# SO MANY WAYS TO PROUTY!

With all these options, there is truly something for everyone.















# What Makes Us "Great-full"...



# 66

It was heart-warming to meet so many Dartmouth students, faculty, staff, and alumni as Gail and I rode the 50-mile Prouty bike route on Saturday. We joined together that day with a shared purpose – to recognize and support the scientists, clinicians, and patients of Norris Cotton Cancer Center who together are leading the fight against cancer.

Phil Hanlon, PhD, President of Dartmouth College

# DARTMOUTH

### 66

It was exciting and rewarding to participate in my first Prouty. The energy that the volunteers and participants bring to the event is highly inspiring. Seeing the breadth of The Prouty, and how many of our cancer center patients, families, scientists, and doctors personally come out to fight this disease reinforces the spirit of the event – that no matter how the event may grow, we are all neighbors helping neighbors. I couldn't be more proud of the work that our nationally recognized Dartmouth-Hitchcock Norris Cotton Cancer Center does to make a difference here and around the world.

Dartmouth

Joanne Conroy, MD, D-H CEO and President

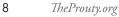
*IIII* Dartmouth-Hitchcock

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I am so impressed by how the community comes together through The Prouty to support the research and patient services at Norris Cotton Cancer Center. It's inspiring to play a part in this great event.

Duane Compton, PhD, Dean of Geisel School of Medicine





My wife, Jen, and I have been participating in The Prouty bike rides and walks for years. Jen was diagnosed with breast cancer this past February and has been undergoing treatments at NCCC. Jen views each part of her treatment plan as a "mountain peak" to summit, so, for my virtual Prouty, I climbed Franconia Ridge to show my support. I am so grateful to have a wonderful facility in our rural area and the excellent care my wife is receiving. I Prouty for everyone and anyone who has cancer or who has been touched by it – and in hope for a cure!

> Alex Coombs Virtual Participant

# great full

### PROUTY HEROES



My name is Elleen Samor and Thre in Ecosystee I was diagnosed with breast cancer in September 2013 I TIS REALLY QUITE SIMPLE. ONE VELOW RUBBON + ONENAME FOO MANY Together we can help find a sure for cancer. Weak void for supporting Norris Cotton Cancer Cent 66

Prouty

OCTOBER 16, 2016 - HANOVER,

In July of 2013, I was a volunteer on The Prouty golf committee. In September of 2013, I was diagnosed with breast cancer and began my treatment at NCCC. I personally experienced what Prouty funds provide to cancer patients to help them through a very difficult journey. I will be forever grateful to my oncologist for his professional care, guidance through hard times, and patience – especially in answering all my questions! We are all so fortunate to have many of the top cancer researchers in the country and wonderful supportive services for our brave cancer patients right here in Lebanon, New Hampshire.

Eileen Samor, Golf Participant with Gary Schwartz, MD

For years, I've been playing guitar for the Indoor Prouty to entertain the patients who are walking and their visitors. I've always been impressed by the energy the nurses put into organizing this event, adding another dimension to the obvious care and compassion shown by all the staff. But this year, by ironic coincidence, I experienced the Indoor Prouty from the inside of a hospital gown while recovering from allogeneic bone marrow transplantation. A very different perspective that only reinforced my conviction that there is no better place than Norris Cotton Cancer Center for scientific and compassionate cancer care.

> Thomas Davis, MD Indoor Prouty Participant

> > It starts in April, as soon as the snow melts. My wife, Kathy, and I start riding Route 10 to Lyme, around Lake Morey and back, or on Dogford Road through the hills of Hanover: we are training for The Prouty. The night before the event, we have family and friends over for pasta. Everyone finds somewhere to sleep and then we are up early. Snap a quick, obligatory photo and we are off. The ride itself is as much a social event as exercise – talking with friends, other doctors, and patients along the way. We do this every year. It has become a family tradition as much as The Prouty is a NCCC tradition. ック

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great full

Richard J. Barth Jr., MD Ultimate Rider

Words cannot express what NCCC means to me. I have wonderful doctors who all worked together to save my life. Four years later, I feel these doctors are part of my family – they are my heroes. I participate in The Prouty to give back to NCCC and help other cancer patients. We need to give them love, hope, faith, strength, and courage. We need to cure cancer!

Vicki Cutone, 100-Mile Rider with Eric Henderson, MD

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As I watched my wife and daughter bike The Prouty, I knew I wanted to participate too. I first volunteered in 2000, overseeing the food station at the old medical school site, and I've been working the food tent ever since. My recurrence of cancer in 2018 brought the true meaning of The Prouty home to me every day I went in for treatments. I encourage everyone to participate as they continue to make this the incredible community-wide fundraising event that it is! I am so glad to be a part of The Prouty each year.

> Bob Barr Food Tent Volunteer



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The breast cancer survivors and their supporters who make up Team TGIF have been walking, biking, and now golfing The Prouty for over a decade. Our goal is to give back to the dedicated, caring staff of Norris Cotton Cancer Center. You saved our lives!

99

P.J. Hamel 6K Walker

I am most grateful for the care and humanity of all, and for the commitment to finding a cure. Even short of an absolute cure, NCCC's professionals work tirelessly to assist their patients and families in enduring the challenges that cancer and treatment present. I was diagnosed with cancer in my 25<sup>th</sup> year of participating in The Prouty. For all those early years of participation, I set my goal to be an inspiration to all those afflicted with the disease. And then I looked around the Richmond Middle School at all the hustle and bustle on the day of The Prouty 2018 and realized that all those who make The Prouty so successful are indeed a major source of inspiration to me as I confronted my disease. It's the sense of community, support, endlessly working toward a common goal and the collaborative nature of all the efforts that comprise why I Prouty.

Mara Weissmann, 12K Walker

# 66

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I don't remember why I did my first Prouty years ago. Was it for the challenge? Was it to honor my mother? To shake my fist at cancer? To thank those who helped me believe I had a future? With each succeeding year, I do know that The Prouty brings together young and old who show courage and dedication, honor and admiration, fury and compassion, and strength to believe that cancer may touch us but may not define us. Three generations of our family participate in The Prouty; some here in Hanover and some virtually. We join hands, pause, and then start out with steely resolution to finish the job of making cancer a disease of the past.

Susan Boyle, Virtual Participant





Too many people – family, friends, colleagues – are battling various forms of cancer. And I do mean battle. I lost my dad to acute myeloid leukemia and my mom is a breast cancer survivor. Anything I can do to help the Cancer Center is my pleasure. Saturday, July 14th, 2018, was a beautiful day to Prouty and a great day for a long row!

> Amy Clawson 15-Mile Rower

I do The Prouty each year in relate wife, Janne, and Mundy's late husband, Will. And many others – too many to mention. The Prouty is a chance for each of us to honor, and do something for, all the people and their families who are in the fight against cancer. And as importantly, to help NCCC push strongly forward against canand a little better for some, and help so many others win their battle outright.

> Win Piper 15-Mile Rower



## 66

I do The Prouty to be part of the community of enthusiastic supporters of a good cause, and to honor family, friends and patients whose lives have been affected by cancer. As an UItimate rider, I enjoy the challenge of cycling 200-miles over two days. The Ultimate is a special event because of its small size and intimate feeling.

Kristine Karlson, MD Ultimate Rider

## **A Glimpse Inside the Indoor Prouty**

Twelve years ago, Carrie Kimball, one of our nurses who took care of Audrey Prouty, started the Indoor Prouty for our patients and their families who were not able to attend the actual Prouty event. Our team's (Team Hope) mantra is One Team, One Dream. We are a team of nurses, health care providers, cancer survivors, friends, and family members who engage in VERY friendly, competitive FUNdraising for The Prouty<sup>™</sup>. While many of our staff members participate in the athletic events on Prouty day, 1 West engages in a day of pure celebration for our patients, families, and staff. We walk, eat delicious food, play games, run raffles, and dance to live music - all while raising awareness and funding for cancer research and patient supportive services. Dave Clark and Juke Joynt raised the spirits at 1 West and kept the rain away with original music and covers from The Band, James Taylor, Creedence Clearwater, and Van Morrison. Additionally, Ed Cheramie, a cancer survivor, humored the audience with his two original pieces, "Sitting Here in 3K" and "It's All About Us." Friends who were participating in the athletic events stopped by to join in on the fun.

This year we had our first annual 1 West pod decorating challenge. The staff on 1 West divided into four teams and decorated each pod. With the help of our patients, the unit was all decked out for the big day. We had our patients, families, and non-1 West staff vote for their favorite pod. This year pod 3 took home the Laski Award for their "Under the Sea" theme. The Laski award will shine on pod 3 until next year. We set our hopes high for Prouty fundraising and reached our goal of \$20,000 in 2017, and raised the bar in 2018 with a total of \$36,000!

– Lisa J. Wesinger, BSN, RN, OCN



## **Critters Who Prouty**

### A bull, a bear and a hawk - oh my!

What a year for The Prouty<sup>™</sup> – and what a surprise when some critters came out to show their Prouty spirit too! There is nothing like starting the morning with a bull sighting on New Hampshire Route 25A near Orford. As the day continued, residential 9K and 12K walkers saw a black bear in a tree on the lawn of the SAE fraternity in Hanover. And how about the hawk hanging out on High Bridge Road? Luckily, the incident command team was alerted of these "participants" and no one was harmed. Once again, our rural charm continues to play its part in The Prouty.

This year, some friendly, four-footed friends were invited to Prouty with us so long as they followed the Puppy Protocol (detailed online). The bond



Photo Credit: Valley News, Geoff Hansen

between man and dog was seen around the field as participants were joined by their pups for the celebration. From those animals we invited to Prouty with us to those who showed up unexpectedly, the day was filled with sentiments of aws and paws.



# WHERE DOES THE MONEY GO?

"All of us at the Cancer Center are extremely grateful for the ongoing support received from Prouty people across the country. The money raised by The Prouty<sup>™</sup> provides nearly 50% of our discretionary Cancer Center budget. It literally helps make our research and patient supportive services possible. Therefore, it is our commitment to you that money raised\* through The Prouty will be used under my direction to advance cancer research, improve cancer treatment protocols, develop strategies for cancer prevention, provide supportive services for patients with cancer and their families, and facilitate otherwise unfunded endeavors in cancer research, education, and translation of research from science to patients."

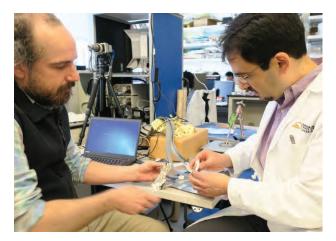
Steven D. Leach, MD
Director of Norris Cotton Cancer Center

### 1:23 Return on Investment

For every dollar invested in Prouty pilot projects (small grants that we give to fund innovative research ideas), over time we received \$23 in additional funding from outside sources. That's an incredible return on the investment our community makes in itself through The Prouty, and a testament to the creativity and high impact of our science. It is all made possible by you and your commitment to putting an end to cancer.

That's why our Norris Cotton Cancer Center has long been a center for innovation, making big discoveries – our scientists have pioneered immu-





notherapy drugs now revolutionizing cancer treatment; our surgeons have partnered with Thayer School of Engineering to pioneer new devices to optimize breast cancer surgery; and our medical oncologists offer the only certified bone marrow transplant program in northern New England.

### 23,000 Patient Services

In addition to research, The Prouty allows us to provide remarkable patient and family support services to our patients, all free of charge. Last year we provided 23,000 episodes of complementary services ranging from classes in nutrition, yoga, meditation, and Tai Chi to therapies including massage, creative writing, art, music, and Reiki.

\* For a complete breakdown of program and event expenses go to www.TheProuty.org

I Prouty because it's a great way to honor my patients and acknowledge the challenges they face. They inspire me to keep working to understand and cure cancer, and to raise money that I know will stay in our own community of patients and scientists. Working at NCCC, I can literally see where the money goes, and it truly makes a difference every day!

I am grateful to have received the Friends Scholar funds this year and am using it to generate pilot data for a Prouty Grant to explore the differences between breast cancer here and in Rwanda where it is more common in younger women and more deadly.

Mary Chamberlin, MD, Researcher and Ultimate Participant

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Cancer is a huge problem that touches many people and has very complex biological roots. As a researcher and Prouty participant, I know how important our work is – both in fundraising through The Prouty and using Prouty funds to move cancer research forward.

Most recently, I used Prouty funds in collaboration with Dr. Yolanda Sanchez to identify protein targets of a drug developed in her laboratory. This drug kills cancer cells but spares normal cells. My lab used a technology called mass spectrometry to compare thousands of proteins in cells with and without Dr. Sanchez's drug to identify those protein targets. Currently, Dr. Sanchez is validating our results to see if the drug target may play a more important role in cancer initiation and development.



# 66

Although I have never done The Prouty, I have enjoyed volunteering at the event as a NCCC research scientist to thank the many dedicated members of our community for their support in the name of their loved ones. Without Prouty funds, I would never have been able to undertake studies to both understand the biology of endometrial cancer and, most importantly, identify ways that the immune system in women can be turned on to kill these cancer cells when they appear.

Chuck Wira, PhD, Researcher and Volunteer Greeter

# **Support From the Business Community**

Each year in the early morning dawn, long before most riders have clipped in, dedicated bike techs have already made their way to and are poised to serve at Prouty aid stations. Whether they will have all the necessary parts and supplies to meet the demands of the day always remains to be seen. After all, we're talking about generations of bicycles that are new, used, borrowed, and old – all participating in The Prouty<sup>™</sup>. Mechanical challenges over the course of the day are to be expected. Thankfully, bike techs are problem solvers – transforming broken bicycles into a reason to smile.

But what keeps these bike shops coming back from year to year? Todd Chewning, owner of Cowbell Mobile Bike Shop explains it this way: "I've been a Prouty bike tech for 13 years. The Prouty is an emotional outlet for cyclists. I've heard their stories, and seen the inspired riders; that's why I continue to support The Prouty."





We cannot thank our supporting bike shops enough. The same could be said about their hard-working bike techs, who are so willing to get their hands dirty to assist a complete stranger in their quest to complete The Prouty. Thank you for making a difference to so many participants in need!

- Community Bike Project, Bellows Falls, VT
- Cowbell Mobile Bike Shop, Burlington, VT
- Discovery Bicycle Tours, Woodstock, VT
- Eastern Mountain Sports, West Lebanon, NH
- Littleton Bike & Fitness, Littleton, NH
- Mason Racing Cycles, Lebanon, NH
- Mountain Cycology, Ludlow, VT
- Omer & Bob's, Lebanon, NH
- Paradise Sports, Windsor, VT
- West Hill Bike Shop, Putney, VT



We are delighted to welcome Lilly USA to our team of corporate sponsors. This year they offered survivors, among others, the opportunity to create a thumbprint painting at the event, presented in the fall to Steven D. Leach, MD.





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#### Prouty Spokes:

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### **Prouty Award Winners**

The Prouty Awards are determined based on dollars raised by Wednesday, July 11, 2018 at 5pm.

### **Top Three Overall Fundraisers**

| Rich Weissmann | \$50,147 |
|----------------|----------|
| Judy Csatari   | \$33,554 |
| Klaus Lubbe    |          |

### **Top Event Fundraisers**

| Cycling: Peter Mertz                   | \$31,001 |
|--|----------|
| Walking: Karen Blum                    | \$25,916 |
| Virtual: Karen Cutter                  | \$20,600 |
| Prouty Ultimate: Jane McLaughlin       | \$20,064 |
| Golfing: Richard Barnaby               | \$7,310  |
| Rowing: Charlene Baxter                | \$6,014  |
| Individual Child: Ashley Cotter        | \$4,612  |
| Individual Young Adult: Aidan Sheinber | g\$2,826 |

### **Team Award Winners**

| Top Fundraising Team                       |        |  |  |
|--|--------|--|--|
| Friends of Hanover Crew\$1                 | 54,019 |  |  |
| Team with the Most Members                 |        |  |  |
| Friends of Hanover Crew 180 m              | embers |  |  |
| Team with the Most New Members             |        |  |  |
| Alpha Phi 1852 m                           | embers |  |  |
| Dartmouth / Prouty Cup                     |        |  |  |
| sponsored by Barb and Jay Rosenfield       |        |  |  |
| Team HOPE\$                                | 33,288 |  |  |
| J. Brian Quinn Tuck / Prouty Corporate Cup |        |  |  |
| Team Borealis\$                            | 27,262 |  |  |

### Prouty Prestige Awards

| Team fundraising based on the size of the team |           |  |
|--|-----------|--|
| XL (100 – 199 team members)                    |           |  |
| Friends of Hanover Crew                        | \$154,019 |  |
| L (50 – 99 team members)                       |           |  |
| Grantham Mountaineers                          | \$98,910  |  |
| M (20 – 49 team members)                       |           |  |
| Global Forest Partners                         | \$61,055  |  |
| S (5 – 19 team members)                        |           |  |
| The X-500                                      | \$43,708  |  |



| Greek Letter Organizations (   | GLOs)               |
|--------------------------------|---------------------|
| and Societies Competition      |                     |
| 21 teams raised \$70,167       |                     |
| Dartmouth Class of '77 Fundra  | ising Award         |
| Theta Delta Chi                | \$24,523            |
| Dartmouth Class of '77 "Iron B | utt" Award          |
| Theta Delta Chi                |                     |
|                                | 00 Prouty Century   |
| Dartmouth Class of '77 Volunte | eer Award           |
| Phi Delta Alpha8               | 38 volunteer points |



The Heart of The Prouty is awarded to someone who embodies the spirit of The Prouty™ through volunteerism, teamwork, devotion to the community and a commitment to actively enhance The Prouty experience. This year, the award went to Jim Bonney. Jim has been a participant, volunteer, and Prouty Executive Committee member. With his woodworking skills he built the finish line columns, storage for signs, and more. Underlying all of this hard work is his own personal story: living with cancer for 45 years. Thank you, Jim, for sharing all of yourself with The Prouty!

# **Prouty Leaders, Advisors, and Organizers**

### **PROUTY HONORARY CO-CHAIRS**

Scott Gerber, PhD Merle Schotanus

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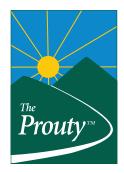
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