



SUMMIT CANCER SOLUTIONS

Mark your calendars!

Wine Tastings

Summit is proud to host a series of wine tasting events again this summer. The fee is \$30 per ticket and includes 6 wines to taste, wine notes and an informal presentation by our sommelier, appetizers, a main course, dessert and coffee. There will also be fun drawings of donated items at each wine tasting. All are welcome to join us for these exciting events! You can sign up online or by sending a check. [Click here](#) to sign up. We hope to see you there!

Step Up For Cancer - August 2nd

Summit is participating in the Step Up For Cancer event on August 2nd from 8am-1pm at Dick's Sporting Goods Park. This event brings together local and national organizations to increase awareness, fundraise, and educate while stair-climbing!! Sign up at www.stepupforcancer.org and be sure to select Summit Cancer Solutions as your beneficiary!! The proceeds go directly to our cause and we'll have a table at the event.

2009 Summit Cancer 5K

The annual Summit 5K is scheduled to take place at City Park on Saturday, November 7th. More details will be available on our website in the next few weeks.

Brunch

Our biannual Potluck Brunch is coming up on July 11th at 10:30am at the Peak Recreation Center for participants. This is a fantastic opportunity to meet up with friends over good food! [Click here](#) to see the details.

Summit Hiking Club

Sandy's hikes have been a great success so be sure to come to one (or all!) of the last 3 hikes on Saturdays. Hikes will start at 10am...rain or shine. The degree of difficulty will be easy to moderate - so everyone can participate! The location will vary each week and will be posted on the [News & Events page](#) of our website. You will need to sign a release waiver to participate. Feel free to bring a friend!

RSVP to Sandy for each hike one week before the scheduled date: sandyd@summitcancersolutions.org or 303-409-2207. When you RSVP, Sandy will give you the details of each hike (length, elevation, and directions) the Wednesday before the hike. The remaining hike dates are: July 18, August 1, and August 22nd.

Golden Gallup

The Pancreatic Cancer Network is hosting a 10K Run and 5K Walk/Run on September 12th starting at 7:30am. See www.goldengallop.org for more information!

New Summit Staff...

Bret Aman, Cancer Exercise Specialist - Bret is our newest Summit exercise physiologist. He started working for Summit in May 2009. Bret has a M.A. in Human Performance from Minnesota State University. He is certified with the American Heart Association as well as with the American College of Sports Medicine as a Health Fitness Specialist. He is working at our newest location at the Parker Recreation Center.

Alison Johnston, Bookkeeper - In February 2009, Alison joined the Summit staff. Her previous professional experience as a paralegal included litigation and collections. Alison now handles all of Summit's bookkeeping and related financial tasks.

We are happy to have them both join our team!

Our Program:

Summit Cancer Solutions offers six-month exercise programs to adult cancer survivors. Exercise physiologists with a cancer specialty oversee all aspects of the exercise regimen, which aids in recovery and general fitness during and after treatment. The fitness program includes flexibility, cardiovascular, and strength training. Summit is open to adults of all ages and fitness levels. Participants are both men and women who have survived every type of cancer.

Contact us today!

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