

FOR IMMEDIATE RELEASE:

**LOCAL GYMNASTICS COACH AND BREAST CANCER SURVIVOR TEAMS UP WITH
AJS PANCOTT GYMNASTICS TO CREATE THE 'PINK INVITATIONAL-GYMNASTS UNITE' BENEFIT MEET**

West Chester, PA – October 1, 2008 – Sue Weldon is a four-year breast cancer survivor who believes in the importance of empowering and bringing awareness about breast cancer to young women and girls. As a gymnastics coach at AJS Pancott Gymnastics National Training Center in West Chester, Sue's job is to coach, train, inspire, and nurture the gymnasts. Now her vision of educating athletes in the gymnastics community about breast cancer and healthy lifestyle choices is finally coming to fruition.

Sue has partnered with AJS Pancott Gymnastics owners, Steve and Louise Pancott, to create the Pink Invitational-Gymnasts Unite. Proceeds from this unprecedented three-day competition will benefit Living Beyond Breast Cancer, which works to empower women affected by breast cancer to live as long as possible with the best quality of life. The Pink Invitational will be held February 27 – March 1, 2009 at the United Sports Training Facility in Downingtown. In addition to gymnastics competition, the event will feature education booths that focus on breast cancer prevention, healthy eating, organic products, environmental awareness, and how to talk with girls about the effects of the disease. At present, the Pink Invitational has registered over 1,000 gymnasts from 25 teams, representing six states.

Sue was diagnosed in April of 2004 with Infiltrating Ductal Carcinoma. By all initial medical expectations her diagnosis did not appear to be favorable. However, for her the choice was clear. Sue chose to undergo a bilateral mastectomy at which time they removed a 3 cm lump. After surgery, Sue was given the reassuring news that her margins were clean and the lymph nodes were not involved. Her treatment then required that she receive 12 rounds of chemotherapy over the next six months. It was after her chemotherapy regimen concluded that she began the next phase of her journey towards healing.

In Sue's words, "When you are faced with a disease that you have no control over, and cancer has no boundaries, you need to find control...someway, somehow. Not only for you, but also for your children and family. That is what is so difficult. If you're not healed in body, mind and spirit, you are not fully healed." Sue was able to regain that control through acupuncture, nutrition, yoga, massage therapy, faith, and mantras. Her faith was a significant source of strength during those months. "Living Beyond Breast Cancer was a critical source for my recovery. They empower women as they get the treatments necessary to become fully healed physically, mentally, and emotionally." Sue also received overwhelming support along the way from her friends, family, neighbors, church, work and gymnastics communities. "It made me realize the incredible healing power of those around you when faced with a such a challenge. An experience I am so grateful for and now consider one of the greatest gifts I have ever received".

The gymnasts Sue trains have also felt the affects of breast cancer as their mothers, aunts, cousins, teachers, coaches, and neighbors have been diagnosed. They, too, want to stand up to this disease and now have a chance to do so through a sport they love. Inspired by Sue's vision, the high school gymnasts at AJS Pancott Gymnastics have formed their own youth board to further the efforts of the Pink Invitational. The 18-member board, led by seniors Merrissa Curtis, Clare Goodill, Jill Oliveira, and Courtney Pruitt, will hold a variety of fundraisers in the community during the coming months to raise money for Living Beyond Breast Cancer and advertise the event. The Pink Invitational is an exciting opportunity for gymnasts to compete, learn, share, and give back.

Sue has been a gymnastics coach for 20 years. She attended West Chester University and was a competitive gymnast on their team for four years. Sue trains level 8 - Elite gymnasts and has served as a Junior Olympic National Team coach. She developed and manages a collegiate recruiting program at AJS Pancott Gymnastics, and has successfully secured Division 1 scholarships. She serves as a volunteer for Living Beyond Breast Cancer-Yoga Unites event, and is a Reach for Recovery counselor. Sue currently resides in West Chester with her husband and three children.

About AJS Pancott Gymnastics National Training Center:

AJS Pancott Gymnastics began in 1997 as an expansion of Pancott Gymnastics, one of the oldest gymnastics programs in the country. It has grown to be one of the largest competitive women's gymnastics programs in Pennsylvania, sending numerous gymnasts to Nationals and to university programs on scholarships. AJS Pancott Gymnastics offers competitive training and recreational gymnastics to hundreds of local athletes from ages 18 months to 18 years. AJS Pancott Gymnastics is owned and operated by Steve and Louise Pancott. The training center is located in West Chester, Pennsylvania.

About Living Beyond Breast Cancer:

Living Beyond Breast Cancer is a national nonprofit organization dedicated to empowering all women affected by breast cancer to live as long as possible with the best quality of life. Programs and services include lbbc.org, the Survivors' Helpline at (888) 753-LBBC (5222), conferences, teleconferences, networking programs, newsletters, publications, and recordings.

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