

Amazon Heart Thunder USA 2009

Los Angeles to San Francisco 1 - 10 October 2009



I first heard of Amazon Heart Thunder after one of their rides and thought that it would be one of those things I would like to do 'one day'. Well that 'one day' has come after being accepted to ride in October 2009. I am sooooo excited. I gained my bike licence in May, and realise the challenge I have accepted.

I was diagnosed with breast cancer 15 years ago when my daughters were 8 and 10 years old. I asked my family and friends to send lots of positive thoughts my way and they came in all shapes, sizes and forms. I had a radical mastectomy and did not need chemotherapy nor radiotherapy, other than taking Tamoxifen for 5 years. I am very lucky. Since then, life has been very full.

I am Head Teacher Social Sciences at Wagga Wagga High School, President Elect of the Rotary Club of Wagga Wagga Sunrise and the inaugural President of Dragons Abreast Wagga Wagga. I like to integrate the activities from all parts of my life, in providing opportunities for young people and supporting breast cancer survivors to live fun and active lives.

My participation in Amazon Heart Thunder 2009 extends me personally, as well as raising awareness, education and funds for research in breast cancer related charities.

Please sponsor me as I work towards achieving my goals of raising funds and awareness about breast cancer and participating in the adventure of a lifetime.

<http://www.amazonheart.org/AHThunder/deniseflockton.html>

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"Amazon Heart Thunder" is a peer support adventure for breast cancer survivors that aims to:



- Provide peer support for women to share their experiences of breast cancer.
- Provide support, strength and inspiration to those who take part in the adventures, and to other breast cancer survivors and the wider community.
- Raise funds for breast cancer organizations and raise awareness of breast cancer issues.

Harley-Davidson sponsor the rides, giving each participant a Harley-Davidson jacket and lending them a new Harley-Davidson motorcycle for the ride. Participants pay for their travel, accommodation and registration fee, and commit to raising \$1,500 in donations for breast cancer causes. All riders must be breast cancer survivors and riders of all experience levels are welcome to take part. Each year several women learn to ride motorcycles to take part.