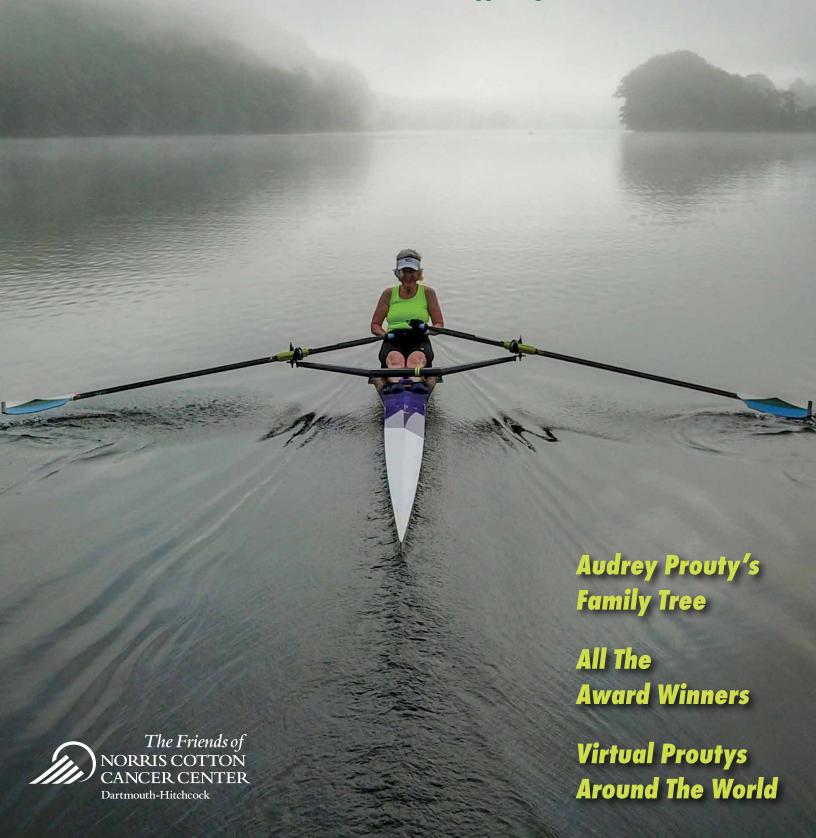
The 2019

Prouty Chronicle

Celebrating the 38th Annual Prouty supporting Norris Cotton Cancer Center



FROM THE NCCC DIRECTOR

This was the third time I cycled the Prouty Ultimate — the gorgeous, two-day, 200-mile ride — and it just keeps getting better, especially when it doesn't rain! Whether it's Friday or Saturday, the people I meet, the fellow cyclists who help me up those hills, the volunteers who work the Stop and Go (SAG) areas where we gratefully take nourishment and a few moments of rest, the nurses in the in-patient area who hold their own indoor Prouty — these people make The Prouty™ feel like family. And it's the Prouty family who makes it possible for our Norris Cotton Cancer Center to deliver groundbreaking cancer research discoveries and provide the very best in-patient and family centered cancer care.

In fact, support from The Prouty was a key component of our successful five-year renewal of the National Cancer Institute's designation of our cancer center as one of only 51 Comprehensive Cancer Centers in the country. This year, I'm proud to say, with the support of all of you, we

earned our highest score yet, which means we will be funded for another five years, allowing us to enter our fifth decade as one of the country's elite cancer centers.

e l r s s e e s s

At The Prouty, we also welcomed leaders from our institutional family. We were honored to host President/CEO of Dartmouth-Hitchcock, Joanne Conroy; Dean Duane Compton of the Geisel School of Medicine at Dartmouth; and President of Dartmouth College Phil Hanlon and his wife, Gail Gentes (who did the Virtual Prouty!). The Prouty brings out the best in all of us while coming together to fight this disease and taking care of each other. That's what family is all about...and we thank you!

Stand Cearly



FROM THE EVENT DIRECTOR

Being at The Prouty is like being at a very large family reunion. Even if you're new to the event, you can make new BFFs just by sharing why you're there. Some people are actually related, like the family of Au-

drey Prouty (the Horsch family), see page 6. Some 'families' are teams that are supporting a patient or a survivor. Some are groups of friends who come back every year because it feels like family. It's just that kind of event.

This year we had more than 4,400 registrants from 45 states and 4 countries; 1,000 volunteers without whom there would be no Prouty (really!); and more than 250 local and regional businesses that

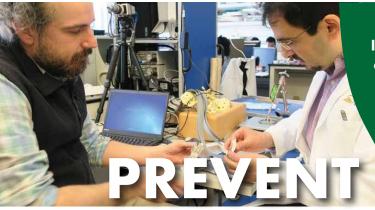
donated both money and critical in-kind services (see page 17). Together – and with the generosity of you, our donors – we raised a record \$3,427,000 for ground-breaking cancer research and crucial patient supportive services. Oh, my!

We are deeply humbled by the patronage given to us by the amazing Jack & Dorothy Byrne Foundation, whose support of The Prouty makes a difference in the lives of everyone who's been touched by cancer.

As we look back over last year's event, we are deeply moved by the smiles, challenges, successes, tears, and connections made. We thank you for all that you do to make The Prouty feel like family. Be sure to mark your calendars for Saturday, July 11, 2020 for the 39th Annual Prouty!

Jean E. Brown

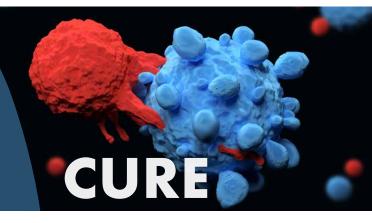
IN 2019, THE PROUTY RAISED \$3,427,066. Your Prouty donations are fueling advances in cancer diagnosis, treatment, prevention, and patient support at Norris Cotton Cancer Center—a joint enterprise of Dartmouth-Hitchcock and the Geisel School of Medicine at Dartmouth. With your support, we:



Identify cancer risks from environmental toxins, such as arsenic and polyfluoroalkyl substances (PFAS), leading to new regulations in New Hampshire and nationwide.

Contribute to FDA regulations regarding vaping by demonstrating that youth who vape are more likely to use cancer-causing cigarettes in the future.

Discover new immunotherapies, such as next-generation immune checkpoint inhibitors and universal CAR T-cells—which take the brakes off the immune system, allowing it to recognize, treat, and cure a cancer, just as it would an infection.





Design new devices and imaging techniques to make brain and breast cancer surgery more accurate and safer for patients.

Create more precise and less-invasive technologies for screening, diagnosis, drug delivery, and treatment monitoring.

Provide patients and their families with supportive services free of charge. In 2018, we provided 26,000 instances of the following:

- Transportation and grocery assistance
- Support groups via phone or in person
- Massage, writing, art, and harp therapy
- Nutrition, yoga, mindfulness, and Tai Chi classes
- Comfort cart and library resources



TOGETHER WE ARE CHANGING LIVES. THANK YOU!

SO MANY WAYS TO PROUTY!

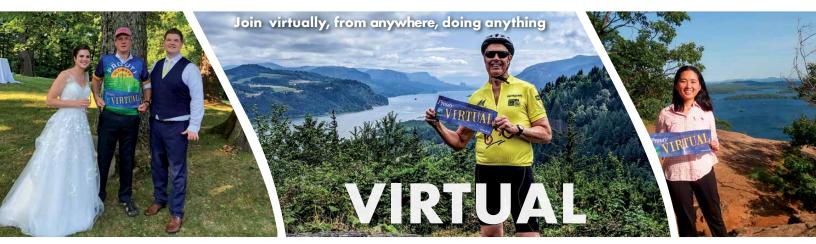


















WHERE IT ALL BEGAN - AUDREY'S FAMILY TREE

Audrey Horsch Prouty lost her nine-year battle with ovarian cancer in August 1982. Four of her nurses, Patty Carney, Cindy Spicer, 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 can-

cer research. That first ride raised \$4,000. Since that time, The Prouty has raised more than \$39,000,000!

This year, four generations of Horsches came to The Prouty to celebrate Audrey's life. Her 90-yearold brother, Bob, even came to the Ultimate opening dinner and spoke about Audrey.

Audrey Prouty was my aunt, my father's younger sister. Each year members of our extended family gather in Hanover to participate in The Prouty, to pay tribute to Audrey's memory and other family members who have been taken by cancer, and to raise money for an important cause. Some of us walk, others ride, some play golf, a few of us participate in the Ultimate. We participate as a team – Audrey's Family Tree.

This past year was especially meaningful.

More than 40 of Audrey's relatives came together in Hanover to participate in The Prouty and to celebrate our Uncle Bob's (Audrey's brother) 90th birthday. Four generations of Audrey's relatives were represented: three of Audrey's siblings (two brothers and a sister); dozens of her nieces and nephews, grandnieces and grandnephews and a great-grandnephew. The newest addition to the family, Audrey's two-month-old great-grandniece, was there — Audrey Jane. It was her first Prouty!"

RICHARD HORSCH AUDREY'S NEPHEW AND ULTIMATE RIDER



We were excited to join team "Dartmouth Without Borders" for our first-ever Prouty, and we dove right into the Xtra Mile category, following up cycling 35 miles in the morning with a 10K hike in the woods in the afternoon. We are now training for a longer ride for the 2020 Prouty.

Part of the fun has been being mistaken for a mother-daughter team, even though we're not.

We have been touched by family, friends and community members who have been fortunate to survive with the treatment and care they have received at NCCC, just as we hold in our memories those who have died. We are thankful and grateful for the opportunity to participate in The Prouty this year and are looking forward to many years to come.

CLAUDIA KOCHAVA DUSCHENES, RN (left)
AUBREY BYRON, RN (right)
XTRA MILERS



IN YOUR OWN WORDS



The research supported by The Prouty helped me in so many ways that I agreed to participate in every trial I was eligible for. I strongly believe it is my way of honoring those who participated in the research that I have benefited from and paying it forward to those diagnosed in the future. My research nurse, Maureen, invited me to join a team of breast cancer survivors to learn to row and then row at The Prouty. Since I had decided I would not say "no" to opportunities like this after I became cancer-free, and with the support of my family and new friends made it through without even turning the boat over and dumping everyone in the water - my biggest fear! I am so grateful for this experience and all who made it possible: Carin Reynolds, Catie Steidl (front), Ellie Stannard, Maureen Stannard, and my co-survivors Kristyn Wallace (back) and Alicia Groft (second). It was an empowering experience!

> AMY VISSER-LYNCH 6-MILE ROWER (in pink boa)

IN YOUR OWN WORDS...



We are part of Team Kendal, which includes residents and staff at Kendal at Hanover. This is my second year participating in the 10K wooded walk, but others on the team have participated for many years in walking, bicycling, and golfing. We all value the resources and care at the Norris Cotton Cancer Center. (Pictured left to right: Jim Wooster, Susan Henderson, Pat Fowler and Scilla Benson)

PATRICIA FOWLER 99
WOODED-5K WALKER

66

The Great River Rowing Club came from Shelton, Connecticut, to experience the camaraderie and excitement of The Prouty. The proceeds go to an amazing cause and it brings people together. This was my first year! I'm definitely coming back next year and years after that!

BETH VARA 99





66

I think of all the One West patients and nurses as my family, but my real family has been involved in The Prouty their whole lives. My daughter Gabby (left) is my key volunteer at the One West Indoor Prouty and Maria has worked in the Prouty office for the past two years as an intern. I guess you can say we are Prouty Junkies!

LISA WESINGER
COORDINATOR OF
ONE WEST PROUTY (right)

I was thinking this might be my last Ultimate. I knew how long it would take to recover from these efforts after having ridden back-to-back centuries for seven years and being seventy-seven years old. I also knew that retirement as a Prouty Ultimate rider might be right around the corner. What I didn't anticipate was a special feeling of pride when other Ultimate riders told me that I was inspirational because of my age, my twenty-two years of battling cancer and my riding abilities.

For me, that feeling of pride came with a sense of responsibility to continue carrying the torch in the fight against cancer, a cause that is personal to me and many others. And in turn, my motivation to continue as a Prouty Ultimate rider comes from the others with whom I ride and those whose donations supported me and the cancer center this year as well as in the past. I must, and we must, keep on until cancer is conquered.

ANDY OLANOFF ULTIMATE RIDER



I grew up in Hanover and had at least an awareness of The Prouty for years. It became incredibly meaningful to me after I was diagnosed with Stage 3 colon cancer at the age of 35. I had surgery in September, finished chemo in March, and without hesitation signed up for the century that summer (before I ever touched a road bike). The first year I did the century, to show that cancer had not taken away my strength and resolve. The next year I did the Ultimate. The third year I did 100 miles on Friday and 20 miles on Saturday while towing kids. This year, just 20 with the kids. The strength, camaraderie, and support during the event is just incredible and so rewarding - to say nothing of the money that is raised.

> JULIAN DEVLIN 20-MILE RIDER



IN YOUR OWN WORDS...



Doug Lewis and his family have taken the death of Doug's brother, Dale "Hoss" Lewis, from cancer in 2005 and used The Prouty as a crusade against cancer. What started as a two-person team (Doug and Robin Kempson) in 2006, has continued as TEAM HOSS which has raised over \$1,200,000 for The Prouty since then. When Doug says "Never give up," he means it. We're focused on getting to \$2,000,000. In truth though, The Prouty is about the ENTIRE family of The Prouty, all the participants, all the amazing volunteers, the staff members who are so caring and responsive, and the generosity of the Jack & Dorothy Byrne Foundation. It's that FAMILY that draws me back to The Prouty each year from my home in Connecticut.

> JIM ONDAK 100-MILE RIDER



Brenda (middle), Carol (right) and I (left) have been friends and done The Prouty together for many years. We've all had family/ friends affected by cancer. Brenda (a cancer survivor) and I are nurses at DHMC; I retired after 45 years, Brenda is still there (God bless her!!!). We have cared for many cancer patients over the years. I've been doing The Prouty for 32 years; I switched from biking to walking when my knees decided they didn't want to pedal anymore!

> SUSAN BETTIS **10K-RESIDENTIAL WALKER**







second time (seen left). It is the best fundraising event I have ever taken part in. And since I've been spending some time at DHMC – NCCC

LIZ WIDMAN (GIGI'S SISTER)

The Prouty is always a bittersweet day for me — a day to remember my parents and sister, lost to cancer. But it's also a day to celebrate hope and optimism for the strides our researchers are making. My continual hope is that others will not have to go through the pain of loss like our family did.

My Prouty "family" happened quite by accident. When my husband and I moved here in 2014, I started playing golf in the ladies' league at Eastman. I met these wonderful gals there, and we often played together on the weekends. When I mentioned I was thinking about playing golf in The Prouty in 2018, they wanted to play as well. We became "the fearsome foursome." Seriously, we laughed so much, it was a wonder we finished all 18 holes.

> LYNN KISSELBACH GOLFER

(left, pictured with Cathy Forbes, Nina Tasi, Lorie McClory)





66

My family and I owe more than we could ever repay to the Friends of Norris Cotton Cancer Center efforts like The Prouty are paying huge dividends by truly making cancer a thing of the past in the Upper Valley. I'm so proud to be some of NCCC's finest work!

Every person who works with us to make The Prouty happen has been touched by cancer (some of us more closely than others) and it's this bond of shared pain, troubles, and victories that make us all so comfortable and give us that sense of family. We may be gruff, sweaty and tired, but we are truly a family.

MARK TARANTELLI **VOLUNTEER**

(left, pictured with fellow volunteer Patrick Maxfield)

We love the experience of getting fit, enjoying the outdoors, and raising money and awareness for a good cause. These are all strong values that we want to instill in our kids. The Prouty is doubly important for us as cancer is front and center in our family's minds. My father was diagnosed with Stage 4 cancer last year, and the kids are very, very close to my folks. They are proud of their biking skills and that they help Poppy, Grandpa Hank, and Nanny by biking in the event. The Prouty is so well supported that we felt we would be able to have the entire family participate this year. Through a combination of attaching the twins' bikes and giving Kara a little bit of support with a bungee, we all trained together and had a great time at the ride. The kids also knew they would be rewarded with face paint and cookies at the end!

> SARAH, JAMIE, CARTER, KATIE, AND KARA WALSH 20-MILE RIDERS



They say "everyone knows someone..." and that is sadly true. Rowing is a spiritual activity for me, and fitting that I can honor those I know who are cancer victims and survivors in this way. It was an honor to be rowing in-between Linda, and also Carin, the mother of a daughter who is a survivor. Linda and Carin are icons of strength and perseverance (rowing at its core). The spiritual part of rowing comes alive on this day for me. The energy, hope and exuberance of the participants and volunteers makes the event an awesome experience.

ANNE BOUCHER 20-MILE ROWER

(second, pictured with Linda Muri, front; Tracy Glover, third; Carin Reynolds, back)



IN YOUR OWN WORDS...



66

The Prouty is important to me and my family because it helps make a difference to people in my local community. I believe that the memories of loved ones and friends that have battled cancer brings me and my "Prouty Family" together. I have been doing The Prouty for 11 years and I do The Prouty Ultimate because a 200-mile bike ride really seems to resonate with people who donate for the event. The massages each day aren't a bad incentive either.

JODI OVENS
ULTIMATE RIDER (left)



66

The Prouty has been a family tradition for me and my wife for over 20 years. My two children, now in high school, have participated in The Prouty since they were born! Just last year, we changed from The Prouty 5K walk to participating in Prouty Golf. This allows us the opportunity to get our friends involved for a fun day of golfing for The Prouty! As a member of the Norris Cotton Cancer Center staff, I witness the direct use of Prouty money to fund new young investigators and innovative cancer research. I love being part of that!

KEN MEEHAN, MD 99

(second from left, pictured with Cameron Woods, left; Jack Meehan, second from right; Phil Heron, right)



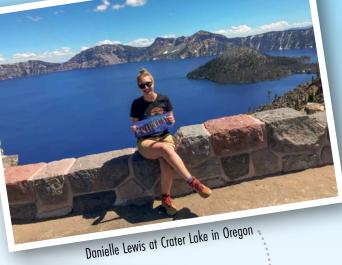


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This year we formed a team (LIVE Four Seasons) at our company...Four Seasons Sotheby's International Realty...in large measure to support one of our associates that was struggling with cancer. On a personal level, I lost my sister to cancer a couple of years ago and other family members have had to fight the good fight. Cancer touches everyone and we believe that the work of the clinicians and researchers at NCCC deserves our support.

ALAN DISTASIO
35-MILE RIDER

99





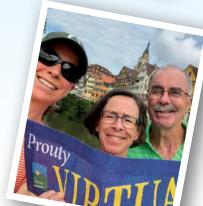
Bruce Parsons at the Roman Column of Igel, in Wasserliesch, Germany





Lynn Fisher, Vieux Québec

VIRTUAL PROUTYS AROUND THE WORLD



Dartmouth President Phil Hanlon with his wife, Gail Gentes and Jen Shepherd in Tübingen, Germany



Lorna Macpherson at Loch Leven, Scotland Half Marathon





Lane Celone (former Prouty intern!) on a biking/ camping trip from Seattle to San Francisco





Dr. Tracy Onega and Jenn Alford-Teaster at the Great Wall of China

Thomas Sankovitz, Hazel Sankovitz, Piper Oswald, Wyatt Oswald, Heather Eliassen, Alta Oswald near Hawke's Bay, North Island, New Zealand





cyclists on routes throughout the Upper Valley



walkers strolling and hiking through Hanover, NH



golfers at the Hanover Country Club



service hours for Dartmouth's Call To Serve campaign



virtuals doing The Prouty™ anywhere, any time



eight ounce cups of McNamara chocolate milk consumed by participants

PROUTY BY THE **NUMBERS**





inpatients who enjoyed the Indoor Prouty at One West



Dartmouth GLO (Greek Life Organizations) student volunteers



"Walkers with Walkers" who walked from Kendal to the Prouty party



pups who Prouty-ed



Ultimate support riders



hamburgers flipped in the grill tent



police officers keeping us safe



WITH A LITTLE HELP FROM OUR FRIENDS

In 2019, there were 253 businesses who donated in some way to help make The Prouty happen. Within that group, there were 154 corporate sponsors who donated at the value of \$1,000 and above.

Included in the above were the following new sponsors:

- America's Mattress/ Brown Furniture
- Banwell Architects
- Energy Efficient Investments
- Eisai Inc.
- Genentech
- Geokon

- Griffin Construction
- Ingram Construction Company
- Pete & Gerry's Organic Eggs
- Promega
- Swish White River
- VIP Tires & Service

We are grateful to such longtime sponsors as Conifer, Hypertherm, King Arthur Flour, Bar Harbor Bank & Trust, Mascoma Bank, Simple Energy, and Wells River Savings Bank. They have all broadened their support to include fielding a team of participants, manning a SAG stop and/or helping to set up the event.

Casella has been a sponsor of The Prouty since prior to 2004! Responsible for recycling, composting and trash collection, Casella has been able to recycle 90% of the Prouty's waste materials, leaving only 10% for the trash. And that includes collections from every town along the bike and walk routes that hosts a SAG stop. Their team has been cycling, golfing and rowing their way to raising even more money for us. Thank you!

Swish White River is a new sponsor who stepped up in a major way, this year. They gave us the use of their box trucks and drivers for Prouty set up and take down, they put the Prouty logo on the sides of their trucks last spring, and they had a team that walked The Prouty, too. The enthusiasm for The Prouty in the business community is absolutely humbling!



We Prouty as a way to honor our loved ones who have passed and support family and friends who are working through cancer therapy and recovery. We want to participate in raising funds to support cancer research and we consider this event one of the best in New England to do so. What brings us together...a combination of enjoying biking with our Casella team in honor of all those people in our lives touched by cancer as patients, as caregivers, as support teams...and then being part of the larger family of Prouty people. The awesome volunteers, the locals who come out to cheer you along, the local police and SAG support, the music and food. We love it all and this year with the weather, it was stupendous!

JOAN MORENA CASELLA

OUR SPONSORS

Presenting Sponsor:

JACK & DOROTHY BYRNE FOUNDATION

24 kt Gold Wheel: Immu Next

Gold Wheel Sponsor:



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Prouty Spokes:

Aslan's Maintenance • Associated Grocers of NE • Astronics • Boar's Head Brand-Mountain View Provisions • Caldwell Law Calkins Portable Toilets · Cape Air · Claremont Cycle Depot · Concept 2 · Discovery Bicycle Tours · Domino's Pizza Drummond Custom Cycles, LLC · Eastern Mountain Sports · Energy Efficient Investments, Inc. · Fireside Inn and Suites Here in Hanover Magazine • HHP Incorporated • H&R Block • Ingram Construction Company • Jake's Market Kinney Pike Insurance · Lebanon Paint & Decorating · Ledyard National Bank · Littleton Bike & Fitness · M2S · Mascoma Bank Mason Racing · McNamara Dairy · Melanson Roofing · Metro Aviation · Miller Auto Group · Mountain Cycology · Northeast Delta Dental Paradise Sports · Paul Reitano Photography · Pharmalogic · Promega Corporation · RSD Companies · Resource Systems Group Six South Street Hotel • Stave Puzzles • The Richards Group • The Skinny Pancake • Tyler, Simms and St. Sauveur • Unifirst United Equipment Rental • Upper Valley Ambulance • Upper Valley Produce • Ursa Major • VIP Tires & Service Warren Wentworth Ambulance Service • Wells River Savings Bank • West Hill Shop

PROUTY AWARD WINNERS

The Prouty Awards are determined based on dollars raised by Wednesday, July 10, 2019, at 5pm.

Top Three Overall Fundraisers

Klaus Lubbe	\$86,216
Jane McLaughlin	\$67,077
David Stiger	\$52,119

Top Event Fundraisers

Prouty Ultimate: Jake McLaughlin	\$51,197
Xtra Mile: Judy Csatari	\$39,001
Cycling: Timothy Keane	\$37,154
Walking: Josie Harper	\$22,277
Virtual: Peter McLaughlin	\$21,500
Golfing: John Seaver	\$10,442
Rowing: Carin Reynolds	\$10,403
Individual Child: Molly Weigler	\$6,110
Individual Teen: Isla Cotter	\$5,408
Individual Young Adult: Matthew Won	nble\$3,686

Team Award Winners

Tan	E	Iraisina	Toam
100	FULL	II GISIIIG	ream

rop ronaraising ream		
Dartmouth Without Borders\$289,775		
Team with the Most Members		
Friends of Lebanon Crew 154 members		
Team with the Most New Members		
Dartmouth Kappa Kappa Gamma43 members		
Dartmouth / Prouty Cup		
sponsored by Barb and Jay Rosenfield		
Team HOPE\$55,593		
J. Brian Quinn Tuck / Prouty Corporate Cup		

Prouty Prestige Awards



Team Hope, winners of the Prouty Cup

Greek Letter Organizations (GLOs) and Societies Competition

21 teams raised \$62,484

Dartmouth Class of '77 Fundraising Award

Theta Delta Chi 19X.....\$32,500

Dartmouth Class of '77 "Iron Butt" Award

Theta Delta Chi 19X

32 participants in the 100 Prouty Century

Dartmouth Class of '77 Volunteer Award

Phi Delta Alpha

HEART OF THE PROUTY AWARD - PAUL DALTON

Volunteers are worth their weight in gold and contribute so much to the success of The Prouty. This year's Heart of the Prouty Award recipient is Paul Dalton, who has served as the Bike SAG Captain in Fairlee, Vermont, for over 25 years!

Paul happily goes about his business of organizing SAG volunteers while greeting riders with a smile and taking copious notes on his clipboard. We, at The Prouty, cannot afford to make a single misstep...one portable toilet or water bottle out of position, and we're headed for the clip board!

We're not sure what motivates Paul to have contributed in such a significant manner over the years. But what we can say is that the really good volunteers don't necessarily have extra time, they simply have the biggest hearts. On behalf of The Prouty, the cyclists, and your fellow volunteers, thank you, Paul!





PROUTY LEADERS, ADVISORS, AND ORGANIZERS

PROUTY HONORARY CO-CHAIRS

Carin G. Reynolds Gregory J. Tsongalis, PhD

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Erin Masteller
Marc Morgan
Ted Mortimer
Kevin Peterson
Brian Pogue
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Heidi Reynolds
Bob Richard
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Ned Redpath
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Polly Richard
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Iim Wilson

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Mason Archambeault Eliza Durbin Fatima Khan Alexander Macaulay Andrew Rightmire Talbot Seigne Maria Shontz

^{*} Membership as of July 13, 2019



Friends of Norris Cotton Cancer Center One Medical Center Drive Lebanon, NH 03756





SAVE THE DATE!

THE PROUTY

39[™] Annual

July 11, 2020

Fight

cancer!



CancerCenterFriends.Dartmouth.edu The Prouty.org – donate all year long!

JOIN US AT OTHER FRIENDS **EVENTS TO SUPPORT NCCC:**

















Websites will go live 3-6 months prior to event dates.

Authors: Articles were written or edited by Friends of Norris Cotton Cancer Center staff unless otherwise indicated

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patient supportive services and cancer research at Norris Cotton Cancer Center Front Cover: Peggy Sadler rows in morning fog, photo by William Daugherty

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