

Share *your* story



Breaking Milestones by Kristina Schermer

My name is Kristina Schermer and I was diagnosed with stage one breast cancer right before I turned 27. As I mark my second year as a breast cancer survivor I am learning more and more about how important it is to say yes to things that make me feel alive and fill you up, while giving yourself the opportunity to say no to things that steal. I recently finished the book, Present Over Perfect and these words seemed so appropriate.

“The world will tell you how to live, if you let it. Don’t let it. Take up your space. Raise your voice. Sing your song. This is your chance to make or remake a life that thrills you.” — Shauna Niequist

At the end of October, I will embark on something I have never done before, riding 200 miles in 3 days. I thought I would provide some context as to WHY I am riding? WHY I have asked others to ride? and WHY our team has set a goal of raising \$7500? YSC is unique. YSC fits me. That is why I am riding and why I am fundraising. YSC was founded in 1998 by three young women who were diagnosed before the age of 35. The lack of resources, research and studies for this demographic led these women to start this organization of which I benefited from greatly when I was diagnosed.

On November 17 this year, I turn 30 years old. Turning 30 is a milestone that after having breast cancer I was unsure I would get to reach. I often tell others all time that I am humbled that I had breast cancer and that I get to live beyond it. I am honored to live to tell my story, to encourage others all while advocating for the health and wellness of others. But more than encouraging healthy living and living large; I have found this to be my opportunity to love others even in their hardship. To meet strangers and friends in the midst of their own challenges. I consider each person’s life worthy of being celebrated and known. **So while this 200 mile ride I am doing to prove to myself that I am strong, I also ride in remembrance and in honor of so many women that are no longer living to ride. I ride for them.** I ride for their families who are left to live without them and for those of us who are given the chance to have more days.

Below are the list of women who I am riding for. To help raise money, I ask for a \$50 donation to write the name of the individual on my jersey to ride in celebration of. I cannot wait to ride and celebrate with you. See you soon Tour de Pink West Coast!



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