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THE LOCAL

SUMMER 2006 • ISSUE 2

Fox Chase's Pedal for Prevention Is Huge Success

On a brisk Sunday morning in June, Kelly Drive along Boathouse Row sparkled with vibrant color that was the 300-plus cyclists of Fox Chase Cancer Center's **Pedal for Prevention Bike Ride**. Riders sported vivid racing gear from head to toe, signifying their enthusiasm as they set off to enjoy a little friendly competition.

Pedal for Prevention Bike Ride was the official fundraiser of the **Commerce Bank Triple Crown of Cycling Benefiting Fox Chase Cancer Center**. The event preceded the Philadelphia International Cycling Championship, the third leg of the Triple Crown.

Seasoned Pedal for Prevention riders were delighted with the new course. Beginning at Kelly and Sedgley Drives, the ride mimicked the professional course,



Pedal for Prevention riders tackled the Philadelphia International Cycling Championship course on a beautiful morning.

including Lemon Hill and the Manayunk Wall.

Most participants nervously anticipated the Wall, hoping to conquer it. More experienced cyclists took the 13.5-mile course in stride. Having completed the 62-mile course throughout Northeast Philadelphia and Montgomery County last year, Lisa Seidel from Oley, Pa., finished in 48 minutes.

"I'm happy to see more people out this year," said Seidel, whose parents were treated at Fox Chase Cancer Center.

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Fox Chase's Pedal for Prevention Is Huge Success

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This is an awesome fundraising effort. I will support it as long as they have it."

Theresa Russell, assistant director for special events and co-coordinator of Pedal for Prevention, credits the additional participants to the event's affiliation with the Commerce Bank Triple Crown of Cycling.

"The people who did not know very much about Fox Chase Cancer Center are now more familiar with us and have become friends," Russell said.

Being affiliated with the pro race, Pedal for Prevention attracted avid cyclists and young professionals, remarked Kathleen Price, former director of special gifts and co-coordinator of the event.

Some of those professionals represented Title Sponsor Commerce Bank. Team member Tracy Delp, a contender for highest individual fundraiser, is new to cycling, but that did not keep her from participating in the event. Her father was treated at Fox Chase 16 years ago, so she was "very excited" to be a part of Pedal.

John Garrett from Buffalo, N.Y., has been cycling for 15 years. The trip to Philadelphia to watch the big race was an anniversary gift to his wife. While exploring Pro Cycling Tour's website, he learned about Pedal for Prevention and recognized Fox Chase.

"I'm really glad Fox Chase gave us the opportunity to take part in the event," Garrett said. "It is such a big draw because anyone can do it."

The family feeling was definitely in the air. Father-and-son team Adam and Josh Moskow were looking for some fun the day after 11-year-old Josh won second place in the Pennsylvania Cycling Association's Triple Crown Time Trials for 10 to 12-year-olds.

"It was hard, but I would do this again," Josh said, who once biked to Atlantic City at age nine.

For all, the event was a tremendous success, and preliminary results indicate more than \$40,000 has been raised for cancer prevention research. Next year, organizers hope to make the ride more challenging for the ardent cyclists while also retaining the family component.

Robert Taylor from Merchantville, N.J., one of the first cyclists to finish before 8 a.m., summed it up best.

"This was a great way to spend a summer morning," he said.

Following their ride, Pedal for Prevention participants had the opportunity to occupy front-row seats to the Philadelphia International Cycling Championship, which featured exhilarating moments and unmatched athleticism. Legendary finishes by German Regina Schleicher in the Liberty Classic women's race and Greg Henderson from New Zealand in the men's race topped off a spectacular day.

The overall Triple Crown winners Ina Teutenberg from Germany and Sergey Lagutin from Uzbekistan also were showered with honors following the races.

Closing ceremonies for the Triple Crown featured the acknowledgement of Pedal for Prevention's top fundraising team, Team O'Donnell. The team raised more than \$10,000, with Barbara O'Donnell single-handedly raising more than \$6,000. Barbara and her sons have participated in Pedal for Prevention in honor of husband and father, John, who lost his battle with lung cancer 10 years ago.

In acknowledgement of the care John received at Fox Chase, the O'Donnell Team has raised more than \$35,000 in the last three Pedal for Prevention Bike Rides.

Donations for Pedal for Prevention are still welcome. For additional information, visit www.foxchasegiving.org.

Fox Chase Cancer Center extends its appreciation and gratitude to the Pro Cycling Tour, Title Sponsor Commerce Bank, Lincoln Mercury and other corporate friends for their support of the Commerce Bank Triple Crown of Cycling Benefiting Fox Chase Cancer Center.

Join us next year for more cycling excitement on Sunday, June 10, 2007!

** Check out snapshots from Pedal for Prevention and the Philadelphia International Cycling Championship opposite the front page.*



Cyclists at 16th Annual Pedal for Prevention take a few last minutes to prepare to ride the course of the Philadelphia International Cycling Championship.



Fox Chase Is Ranked Best Place to Work

BEST PLACES TO WORK 2006

To read more about the postdoc survey and Fox Chase's rankings, visit www.the-scientist.com.

Postdocs Give Fox Chase High Ratings in Recent Survey

A survey conducted by *The Scientist*, a trade magazine for laboratory researchers, has once again ranked Fox Chase Cancer Center among the best places to work in academia for postdoctoral researchers. Since Fox Chase strives to provide its postdocs with quality facilities, project flexibility and a comfortable work environment, the Center's top ranking in the region and sixth-place ranking in the nation are well-deserved honors.

"Fox Chase recognizes that postdocs are our major intellectual work force, so we have created many benefits to help them such as housing, day care, workshops and seminar series," says **Maureen Murphy**, director of postdoctoral training programs at the Center. "At many universities, postdocs typically compete with medical, graduate and undergraduate students for attention and resources, whereas at Fox Chase, we make more efforts to acknowledge that postdocs are our lifeblood and the key to our research success."

The survey yielded responses from postdocs at 151 institutions. Participants were asked to assess their postdoc experience according to 48 criteria in different areas. Postdocs at Fox Chase gave high marks when evaluating factors relating to compensation, funding, institutional environment, social experiences at work and quality of personal life.

"I recently started as a postdoc at Fox Chase, and so far it has been wonderful here," says Erin Perchiniak, who works in Murphy's lab. "It's nice to work in an environment where everyone shares the focus of the treatment of cancer, whether they're in the clinic or the research lab. This fosters interaction among coworkers and creates a very friendly atmosphere."

Survey results showed that postdocs around the world share common concerns. Respondents consistently cited knowledgeable principal investigators, clarity in research programs, training in grant writing, adequate compensation and job security as their top priorities.



Maureen Murphy, director of postdoctoral training programs at Fox Chase, displays the award surrounded by postdocs in her lab.

Creative Beginnings Receives Top Honor

Creative Beginnings, the child development program for children of Fox Chase Cancer Center employees, has received the 2006 "Best Place to Work" award from the Delaware Valley Association for the Education of Young Children (DVAEYC). The program was honored in the large-center category of the competition.

DVAEYC presents annual "Best Place to Work" awards to highlight child-care programs that recognize the importance of a quality work environment for staff as well as quality programming for children. The awards also serve to encourage work environment excellence.

The application process for awards included an on-site evaluation and a staff-submitted essay. In the essay, Creative Beginnings senior teachers wrote, "Our center consistently exceeds expectations

of high-quality child care as evidenced by positive annual parent surveys, notes and cards received by the staff throughout the year. We take pride and feel valued because by supporting our families, we are contributing to the mission of Fox Chase Cancer Center, to reduce the burden of human cancer."

Founded in 1981, Creative Beginnings has received accreditation from the National Association for the Education of Young Children. Accreditation is a rigorous, voluntary process by which early childhood programs demonstrate national standards of excellence. Only a small percentage of early childhood programs nationwide have achieved this prestigious recognition. Creative Beginnings also holds the Keystone STAR Four distinction, which recognizes child-care providers within the Keystone STARS Program who exceed



Staff members know Creative Beginnings is the "Best Place to Work."

state health and safety certification requirements developed by the Pennsylvania Department of Public Welfare.

The longevity of the staff members at Creative Beginnings is testament to their job satisfaction. Half of the staff has been employed five years or more.

"Our center is warm and friendly, and the children grow and flourish in a positive, home-like environment,"

teachers stated in their award application. We keep in contact with children and their families long after children leave the program. Their growth and progress are frequently reported from the parent who is still employed at Fox Chase Cancer Center."

DVAEYC presented this year's "Best Place to Work" awards at its fourth annual Chocolate Extravaganza held in February at Philadelphia's Please Touch Museum.

Philadelphia Freedoms Names Fox Chase Official Charity

Five years ago, Fox Chase Cancer Center became the first sponsor of the **Philadelphia Freedoms**, the local team tennis franchise of **World TeamTennis** (WTT). This year, Fox Chase is not only a host sponsor for the team, but also has been named the official charity. WTT is the country's only co-ed professional team sport that gives equal weight to all matches played by the team including men's and women's singles, doubles and mixed doubles.

The Freedoms' relationship with Fox Chase is possible in part because of the team's owner, professional tennis superstar Billie Jean King. King made Fox Chase one of her main topics of discussion at a recent press conference to kick off the Philadelphia Freedoms 2006 season. King, also the cofounder and director of WTT, remembered aloud her visit to Louis Weiner, M.D.'s lab at Fox Chase in the summer of 2004. During that visit, she peered into microscopes, examining for herself how it feels to search for cancer cells.

King told the audience that she once wondered, "Why don't we have a cure for cancer?" She said her visit to Fox Chase helped her understand the tremendous challenge researchers face. "It was amazing to experience what they do at Fox Chase to try to find the answer."

King touted the efforts and dedication of those who work at Fox Chase Cancer Center, and then encouraged attendees to understand the importance of early detection of cancer.

King has said that she wants to make a positive difference in the world and recognizes that the more you are blessed, the more you have to give.

"We are thrilled [about this partnership] and want to make a real difference for Fox Chase," King said proudly, while wearing a Fox Chase lab coat embroidered with her name.

During the season, every ace served in a match marks \$100 the Freedoms will donate to Fox Chase—a dollar amount that could soar with Venus Williams on the Freedoms' team and visiting competitor Pete Sampras. Portions of ticket sales benefit Fox Chase, and the Freedoms plan to auction tennis rackets during halftime of home games to raise additional funds.

The Philadelphia Freedoms is one team of 12 within WTT, which is in its 31st season. The Freedoms' 2006 season is July 6-26. Home games are held at Cabrini College in Radnor, Pa. Highlights include hometown favorite Lisa Raymond who returned to the Freedoms' lineup for the '06 season.

King boasted that WTT features a unique, innovative, co-ed team format that encourages fun and socialization. Above all, she said, it promotes a healthy lifestyle.

"Tennis is the sport of a lifetime," King emphasizes. "If you can give a person the gift of tennis, it is great!"

For additional information and ticket sales, visit www.philadelphiafreedom.com or call 1-866-WTT-TIX.

Larivee Appointed Chief Financial Officer

Theresa Larivee has been appointed chief financial officer (CFO) of Fox Chase Cancer Center.

Larivee came to Fox Chase from Columbia University Medical Center in New York, where she most recently served as deputy vice president and associate dean of budget and finance. She partnered with the vice president for finance to provide financial leadership for the Medical Center Division, a \$1.3 billion enterprise comprised of four schools and an administrative department.

Prior to assuming that role, Larivee had served as CFO in the department of surgery from March 1999 through June 2003 at Columbia University Medical Center.

Larivee received her bachelor's degree in business administration from Ramapo College in Mahwah, N.J., and her M.B.A. from Fairleigh Dickinson University in Teaneck, N.J.



Larivee replaces **Anthony Diasio**, who now serves as vice president of strategic initiatives at Fox Chase Cancer Center. Diasio also has become associate executive director for the Alliance of Dedicated Cancer Centers, a group of ten Comprehensive Cancer Centers that also have separate standing as cancer hospitals under the Medicare program.

Fox Chase Remembers Long-Time Employee, Friend



Betty (Elizabeth C.) Travaglini, 79, a biochemical researcher and editor of Fox Chase Cancer Center's annual Scientific Report, died April 18 of complications from breast cancer, a disease she survived for nearly 14 years.

She joined the basic science staff at Fox Chase in 1952. Her initial research included analyses of fruit fly DNA in the laboratory of world-renowned geneticist Jack Schultz.

Travaglini's research required mastery of innovative techniques for the characterization of DNA and also included studying DNA

polymerase, the enzyme that synthesizes DNA from its building blocks and helps copy genetic information from one cell generation to another.

Travaglini became associate editor of the *Scientific Report* in 1981 and editor in 1983. She served in that position until her retirement in 1994.

She is remembered by co-workers and friends who've described her as "a rigorous scientific editor" and "a warm, high-spirited person who greatly enriched the social fabric of the institution."

According to long-time friend and Fox Chase scientist Robert Perry, "Betty contributed a great deal more to Fox Chase than just her research and editorial expertise. She helped scores of young investigators to become rapidly assimilated into both the laboratory and social milieu. Her numerous dinner parties and invitations to family celebrations were legendary."

Proteomics Ovarian Cancer Study Hopes to Reveal Biologic “Fingerprint”

Fox Chase Cancer Center researchers are seeking women who recently have been treated for ovarian cancer to participate in a nationwide effort to find a biologic “fingerprint” of ovarian cancer using a technology called proteomics.

Proteomics is the study of protein patterns in blood or other tissues used to determine cancer probabilities. In a previously published study, researchers used proteomics to successfully differentiate blood samples from women with and without ovarian cancer. In this new study sponsored by the National Cancer Institute, researchers from Fox Chase and 11 other U.S. institutions will begin the process of validating the earlier study, which used stored specimens. This new study will be a prospective clinical trial.

“Proteomics offers significant hope as a cancer diagnostic tool, but while the earlier study appears promising, the results must be validated,” explains **Mary B. Daly**, senior vice president of population science and co-investigator of the study at Fox Chase. “To do this, we’ll begin studying proteomics using blood from women who have had ovarian cancer to see if we can identify a specific protein pattern in those women whose cancers may later recur.” More than 80 percent of advanced-stage epithelial cancer patients relapse after attaining a clinical remission with standard therapy.

Researchers say proteomics offers the future hope of allowing doctors to diagnose cancer at an early stage, when it is most curable. In addition, proteomics could allow physicians to diagnose ovarian cancer without the need for a biopsy or surgery.

Fox Chase is the only institution in the tri-state area participating in this NCI-sponsored study. For additional information, please call 215-728-3672.

Surgical removal of the ovaries is currently the only way to diagnose ovarian cancer. Before a new blood test can be offered as a way to detect ovarian cancer, it must be confirmed that there is a pattern of proteins specific to ovarian cancer. Any test for ovarian cancer must be proven to be reliable and dependable so that women do not get needless surgeries because of a false-positive result.

The clinical trial also is open to women who have had peritoneal and

fallopian tube cancers because the biology of these cancers is similar to ovarian cancer. Women in the study must have had stage III or IV disease at diagnosis and must have completed initial standard treatment within 12 weeks of enrolling in the proteomics study. Participants will be asked to give blood every three months for four years (unless the disease recurs). The results of blood tests will not be given to the participants because an accurate protein pattern for ovarian cancer has yet to be determined.

Researchers nationwide hope to enroll 400 women in this study. Physicians will monitor all women for recurrent disease in the same way as those who are not on this study, and no anti-cancer treatment will be offered unless a cancer has recurred (as determined by current tests including a CT scan, CA-125 blood test or physical exam). There is no standard screening available for the disease.

Fox Chase’s Specialized Program of Research Excellence (SPORE) in Ovarian Cancer is funding the study. Fox Chase is one of a select few institutions in the U.S. to receive an ovarian cancer SPORE grant from the National Cancer Institute (NCI). The NCI-designed SPORE grants support innovative, multidisciplinary research approaches that potentially may have an immediate impact on improving cancer care and prevention.

Patient Advocates Join Ovarian Cancer Research Team at Fox Chase



An ovarian cancer workshop was hosted at Fox Chase to identify and develop the specific role of patient advocates in its Specialized Program of Research Excellence for ovarian cancer. Patient advocates Karen Mason (from left) and April Donahue teamed with Deborah Collyar, director of Patient Advocate Research Team Programs.

Last year, Fox Chase Cancer Center, the site of a National Cancer Institute Specialized Program of Research Excellence (SPORE) in prevention, diagnosis and treatment of ovarian cancer, hosted a workshop for ovarian cancer researchers and patient advocates. The goal of the workshop was to identify and develop the role of patient advocates in the SPORE.

Fox Chase is the only center in Pennsylvania and the first of only two facilities on the entire East Coast to receive a SPORE grant for ovarian cancer. NCI SPORE grants support innovative, multidisciplinary research approaches that potentially have an immediate impact on improving cancer care and prevention.

The SPORE grant funds Fox Chase research projects that focus on translating basic research findings from the laboratory to clinical settings. The goal of this “translational” research is to discover methods of earlier detection and improved prevention and treatments for this deadly disease.

The ovarian cancer workshop at Fox Chase was led by **Deborah Collyar**, director of Patient Advocate Research Team (PART) Programs. Collyar assists institutions with SPORE grants in establishing effective collaborations with cancer patient advocates to develop local PARTs.

April Donahue of Philadelphia is the first PART member at Fox Chase.

“By holding the workshop, Fox Chase has truly shown its commitment to having patients involved in research from all aspects and they’ve taken their patient advocate program to the next level,” said Donahue, who also serves on the board of

directors for the National Ovarian Cancer Coalition. “The open dialogue between researchers, doctors and patient advocates allowed us to brainstorm and develop plans to move our translational research forward. The atmosphere of the workshop was very relaxed and the advocates felt comfortable sharing their ideas to help the team of researchers.”

“To have the face, thoughts and opinions of patients in front of the researchers can be nothing short of a win-win situation,” said **Karen Mason**, an ovarian cancer survivor and a member of Fox Chase’s PART program.

The Fox Chase researchers and the PART plan to meet quarterly.

“Patient advocates offer fresh ideas about research and recruitment, and voice patient concerns,” said **Robert F. Ozols**, principal investigator of the ovarian SPORE at Fox Chase Cancer Center. “Karen Mason and April Donahue have been steadfast supporters of ovarian cancer research at Fox Chase for years and we’re pleased to have an opportunity to capitalize on our relationship. Their contributions are extremely valuable.”

The PART program is supported by grants from Avon and the National Cancer Institute.

A Professional Nurturer



After 16 years, Judy Taylor, program director for Creative Beginnings, says farewell to students and parents one last time. Taylor shared memories with colleagues, including Gary J. Weyhmuller, vice president of human resources, during a special retirement tea in March.

On Judy Taylor's last day at work, swarms of toddlers tromp in and out of her office, showing off hand-made goodbye cards and scrambling for hugs. Some are conversing excitedly, some are laughing. It is a genuine exchange of warmth and love.

"It takes a lot of effort to make running this place look easy!" Taylor says, with a smile.

After 16 years as program director for Creative Beginnings, the child development center for Fox Chase employees, Taylor retired this past March. There is no questioning whether she will be missed.

"Over the years, Judy has shown a remarkable ability to nurture not only the children at Creative Beginnings but also the staff, parents and entire families involved," says **Anne Quinn-Dietzler**, assistant director of physician services at Fox Chase. Quinn-Dietzler's two children attended Creative Beginnings and she has collaborated with Taylor through the Parental Involvement Association (PIA), a group that raises funds to benefit the program. "Judy strived to create an environment where the family felt supported as a whole unit."

Throughout her youth in Washington Crossing, Pa., Taylor never doubted that she'd one day cultivate a career focusing on children. After earning a bachelor's degree in early childhood development and elementary education from the University of Delaware, she became a fourth grade teacher in the Bucks County public school system. Once she started a family, she left her teaching position to establish two nursery school programs at local churches.

"I can't remember ever wanting to do anything else besides work with kids," Taylor says. "As long as children were the center of my life, I was happy."

Eventually, Taylor secured a position with the U.S. Navy child-care facility at the Lakehurst, N.J., base.

When a Navy colleague told her about a listing for a child development program

director with an institution close to Taylor's home, her ears perked up. The position was with Creative Beginnings, and Taylor received a call shortly after submitting her resume. Her interview involved a question-and-answer session with several parents whose children attended Creative Beginnings, a tactic that impressed Taylor very much.

"When I saw that they had brought parents in to interview me, it became clear that Fox Chase truly wanted families to be happy with the program they provided," Taylor says. "That's what convinced me to take the job."

"Over the years, Judy has shown a remarkable ability to nurture not only the children at Creative Beginnings but also the staff, parents and entire families involved."

—Anne Quinn-Dietzler

More than a decade and a half later, Taylor looks back on her career with pride. She cites teamwork among her colleagues and strong relationships with students' parents as the reason for Creative Beginnings' many successes.

"You can't possibly plan a program like ours without including input from teachers, parents and children alike," she says. "Everyone here is committed to the same mission."

Creative Beginnings certainly has proved a thriving child development program since its inception in 1981. More than 160 students are currently enrolled. The program, which accepts students from 6 weeks to 5 years old, is one of very few in the country that have received accreditation from the National Association for the Education of Young Children. This coveted accreditation

involves a rigorous process by which child development programs demonstrate national standards of excellence.

This year, the Delaware Valley Association for the Education of Young Children honored Creative Beginnings with its annual "Best Place to Work" award—another prestigious recognition.

Kathy Roberts, a program manager for Creative Beginnings, attributes the center's strong reputation to Taylor's creative leadership style.

"Judy and all of the teachers here guide the children as they learn through play," Roberts explains. "The curriculum we follow is that of child development and every child is on his/her own individual path of development."

Taylor's philosophy regarding the value of Creative Beginnings is, "We go to work so FCCC employees can go to work."

"The most gratifying part of my career has been helping parents with special-needs children," Taylor says. "It feels good to see children with speech or hearing difficulties making progress. We offer these students' parents as much intervention and support as we can."

Taylor's next move is to St. Cloud, Fla., to be near her family. She leaves a big pair of shoes behind to fill. Luckily, new program director **Kathy Winter** is up to the challenge. (Read more about Winter on page 11.)

"I feel fortunate to have worked with Judy over the past decade and will draw on all that I have learned from her," Winter says. "I attribute Judy's leadership success to the emphasis she placed on building relationships with both staff and families and her commitment to providing quality care. She had an amazing ability to balance the needs of children, families and staff and handled multiple tasks calmly and with a sense of humor."

Taylor refuses to say an official goodbye, however. "I plan to keep in touch forever. The teachers at Creative Beginnings are a team that I will continue to be a part of for the rest of my life."

Did You Know ... ?

Medical Staff Office Ensures Quality Care



When it comes to receiving any type of medical care, patients want to know exactly who's treating them. Fox Chase Cancer Center's medical staff office can provide all the information they seek.

"The medical staff office serves to answer questions such as, 'How many procedures has Dr. X performed in the last year?' and 'Where else does Dr. Y have privileges?'" explains **James Lynch**, vice president for hospital and medical science administration at Fox Chase.

"There's a whole lot of investigation involved when a new doctor comes onboard," says **Jennifer Green**, who coordinates medical staff office activities. Green tracks the credentials, privileges and reappointments of every physician and physician assistant with clinical responsibilities at Fox Chase.

When physicians apply for a position on Fox Chase's faculty, it's Green's job to verify their educational background, board certifications, previous employment and malpractice insurance history. She keeps up to date on the credentials of all active and associate medical staff, tracking new doctors as well as those seeking reappointment. The reappointment process can involve continuing medical education, liability insurance, state licensure updates and various board certification requirements.

Many of Green's Fox Chase colleagues participate in the review of medical staff applicants.

"Following scrutiny and recommendations by the chairman, medical director and hospital administrator, the information prepared by the medical staff office ultimately goes to the full board of directors, whose members alone have the sole legal authority to grant hospital privileges to physicians seeking them," Lynch says.

The medical staff office's tracking of physicians and physician assistants provides a valuable resource for Fox Chase employees, board committees and patients.

"The medical staff office affects our entire institution," says **Joe Piccolo**, who oversees Fox Chase's physician group practice. "It acts as a safeguard to ensure that all members of the medical staff have the appropriate credentials to fulfill their clinical obligations. There have been horror stories of facilities who were not as diligent and ended up with practitioners that were not qualified to do the job at hand."

Piccolo notes that hospitals without a reliable medical staff office run the risk of employing individuals who have falsified information on their applications, jeopardizing the safety of both colleagues and patients.

Another function of the medical staff office is to ensure compliance with standards set by the Pennsylvania Department

It is Jennifer Green's primary responsibility to be the ultimate background checker: She verifies educational background, board certifications, previous employment, malpractice insurance history and much more for every physician and physician assistant applying to Fox Chase.

of Health as well as the Joint Commission on Accreditation of Healthcare Organizations (JCAHO). JCAHO is an independent organization that evaluates and accredits more than 15,000 medical organizations nationwide based on safety and quality of care. JCAHO surveyors visit accredited organizations at least once every three years to assess compliance. By keeping medical staff files updated and accessible, the medical staff office guarantees successful JCAHO surveys at Fox Chase.

"Tracking authenticity, paying attention to detail and exercising excellent record-keeping are necessary ingredients for a successful medical staff office operation," Lynch says. "Fox Chase is blessed with many excellent staff members who take their work seriously and enjoy their contribution to the mission of the institution."

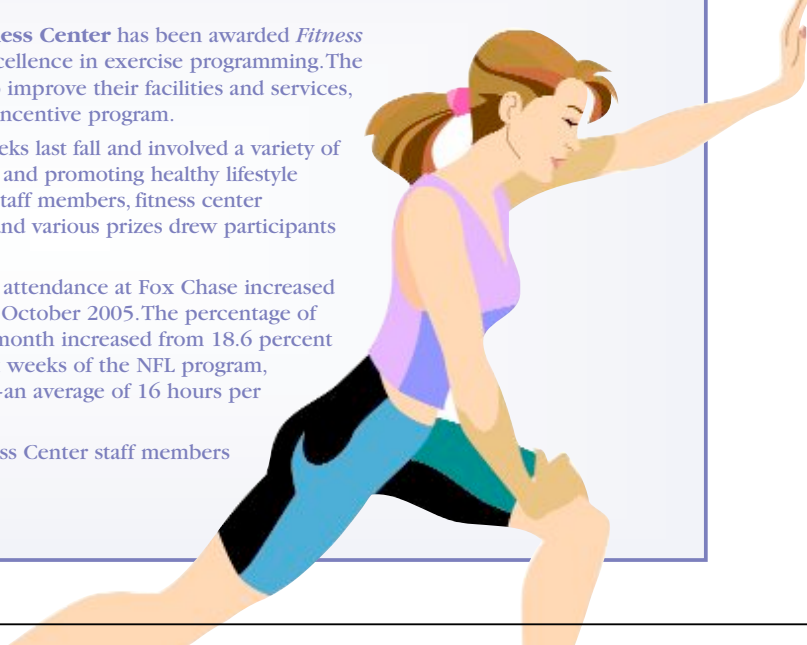
Fox Chase Fitness Center Recognized for Excellence

The Fox Chase Cancer Center Health and Fitness Center has been awarded *Fitness Management* magazine's first runner-up award for excellence in exercise programming. The award, which recognizes those making great strides to improve their facilities and services, highlights the center's National Fitness League (NFL) incentive program.

The NFL incentive program took place over six weeks last fall and involved a variety of activities aimed at increasing fitness center attendance and promoting healthy lifestyle behaviors. Friendly competition among fitness center staff members, fitness center decorations, physical challenges, staff encouragement and various prizes drew participants to work out.

As a result of the NFL program, total fitness center attendance at Fox Chase increased from 1,278 visits in September 2005 to 1,378 visits in October 2005. The percentage of members visiting the center eight times or more per month increased from 18.6 percent in September to 29.6 percent in October. Over the six weeks of the NFL program, participants logged 46,211 minutes of workout time—an average of 16 hours per participant.

Congratulations to the Fox Chase Health and Fitness Center staff members and all those who participated in the NFL program!



"Fighting cancer is all we do. All day. Every day."

New Population Science Division



Eternal Student, Eternal Teacher: Daly Embraces Dual Roles as Senior VP

When Daly started working at Wilford Hall, she was the only woman oncologist on staff.

“All the breast cancer patients came to me, because they felt more comfortable with a woman doctor. I decided later to specialize in prevention because I was losing too many of them,” she says of her motivation for ultimately becoming a breast cancer researcher.

While in Texas, Daly helped develop the first bone marrow transplant program operated by the Department of Defense. She was named Lackland’s Outstanding Woman of the Year in 1987 and received the Air Force’s Meritorious Service Medal in 1990.

After six years in the Air Force, Daly found herself desiring an environment that focused more on research and patient education in her position.

“This was 1989, and there were very few places where doctors were encouraged to do both clinical oncology and prevention research,” she says. “Fox Chase was one of them.”

So, she and her husband moved to Philadelphia, where Daly became the associate director of Fox Chase’s cancer prevention and control program. Two years later, she established the Margaret Dyson Family Risk Assessment Program (FRAP) with seed money from the National Cancer Institute (NCI) and the Dyson Foundation.

FRAP, one of the first programs of its kind in the nation, offers education, risk assessment and evaluation of screening

and prevention programs for women with a family history of breast or ovarian cancer. Daly continues to lead the program, named in memory of Margaret M. Dyson, who died in December 1990 after a brief battle with ovarian cancer.

“The best part about my job is that I am able to run a clinical program for high-risk patients that’s not strictly a clinical practice,” says Daly, who took over as director of Fox Chase’s cancer prevention and control program in 1999. “I constantly interact with patients, but I also constantly study the science that’s going to make their lives better.”

Fox Chase president **Robert C. Young** commends Daly’s internationally recognized contributions to the field of cancer control. “Mary is tremendously respected in the field of preventive oncology for her insight and leadership,” Young says. “Her Fox Chase colleagues revere her for her unwavering dedication to patients.”

When it comes to clinical care, Daly enforces one rigid rule: patients are not permitted to leave the exam room until they’ve told her something she didn’t know before they walked in.

“And, hopefully, I teach them something at every appointment, too,” she says.

Daly succeeds **Paul F. Engstrom**, who has assumed responsibilities as senior vice president for extramural research programs, including the Oncology Physician Network, the National Comprehensive Cancer Network and the Cancer Information Service partnership program. He also remains medical director

Teaching science lessons in a one-room schoolhouse in Kenya is not the way most medical oncologists begin their careers. But for **Mary B. Daly**, it was the perfect launch.

“I’ve always had teaching in me,” says Daly, who spent three years working with high school students in Africa after obtaining her undergraduate degree. “The experience provided a great foundation—educating others remains a huge part of what I do today.”

What she does today is fight cancer with both research and patient care. Recently appointed senior vice president for the population science division at Fox Chase Cancer Center, Daly oversees programs in human genetics and behavioral, epidemiologic and cancer prevention research. She is also first to hold the new **Timothy R. Talbot Jr. Chair in Cancer Research**, named for the first president of Fox Chase.

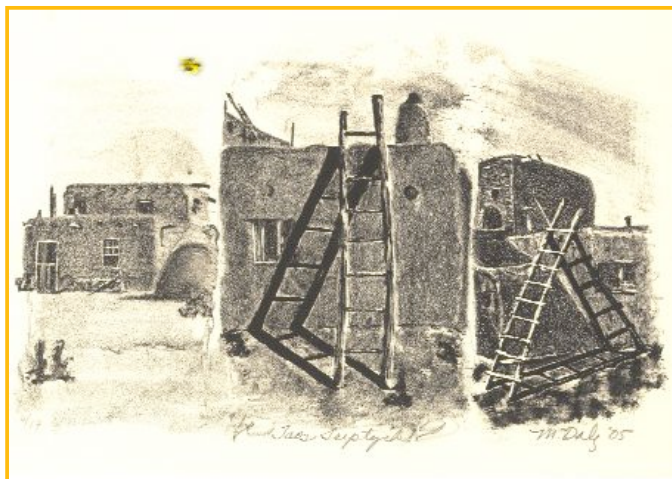
After returning from Kenya in her mid-20s, Daly earned her M.S. in public health, Ph.D. in epidemiology and M.D. at the University of North Carolina at Chapel Hill.

“I had three children by the time I entered medical school,” she says, “and I’m not sure I would recommend that!”

A specialist in epidemiology and breast and ovarian cancers, Daly began her medical career with a residency and a hematology-oncology fellowship at the University of Texas Health Science Center in San Antonio. After her fellowship, she joined the Air Force and was stationed at Wilford Hall Medical Center, Lackland Air Force Base, Texas. There, she held the rank of lieutenant colonel and served as chief of hematology and medical oncology.

Photos courtesy Mary B. Daly

Outside of Fox Chase, Daly’s passion is lithography, a method of printmaking using special stones. This is an example of her work.



“Fighting cancer is all we do. All day. Every day.”

n Leaders Emphasize Education

of Fox Chase Network. As senior vice president for population science, Daly will continue treating patients as well as pursuing research interests.

“One of my goals in my new position at Fox Chase is to bring colleagues together who aren’t collaborating at the moment but have shared interests,” she says. “By doing this, I think we can really push our scientific agenda in some new directions.”

Daly is currently the principal investigator for two peer-reviewed NCI grants as well as grants from the Pennsylvania Department of Health. She is co-investigator for Fox Chase’s U01 grant for the Early Detection Research Network.

Board-certified in internal medicine and medical oncology, Daly is a fellow of

the American College of Physicians and a member of the American Association for Cancer Research, American Society of Clinical Oncology, American College of Epidemiology, American Association of Cancer Education and several other professional organizations.

She is a past president of the American Society of Preventive Oncology and has received numerous awards for her contributions to cancer control, including the American Cancer Society Cancer Control Award in 1996 and 2004 and the John Peter Minton, M.D., Ph.D., Memorial Lectureship at Ohio State’s James Cancer Center.

Outside work, Daly nurtures her passion for lithography, a method of printmaking using special stones. She has been

pursuing her artistic talent for more than 20 years and takes evening classes at the Pennsylvania Academy of the Fine Arts.

“My art is my most personal expression of myself,” she says. “It is a release from the structure of the scientific mind, to explore shapes and forms and ideas and to create something that is no longer under my control but also says something about me that I didn’t already know.”

From conducting classroom science lessons to pioneering cancer risk-assessment research, Daly has dedicated her professional life to educating others. Still, Daly insists that she learns as much from those she works with as they learn from her.

“What I am is an eternal student,” she says.

Beck Mentors Young Faculty in Deputy Director Post



When Mary Daly created a deputy director position for the population science division, she turned to another Fox Chase faculty member who embraces his roles as both teacher and student. **J. Robert “Bob” Beck** says his favorite part about this appointment is the opportunity for constant interaction with newly certified physicians and researchers.

“I really love working with young faculty,” Beck says. “It’s rewarding to be a mentor—to watch newcomers find their niche at the Center and to know I am helping to keep everyone happy and moving forward together.”

In addition to acting as an academic advisor for faculty, Beck assists with administrative activities of the population

science division as its deputy director. He also continues to serve Fox Chase as a vice president for information services and chief information officer and to pursue his personal research interests, which focus on biomedical informatics.

“I want to find new ways to measure and improve health outcomes,” he explains. “To do this, we must study how medical and scientific information is acquired, stored, analyzed and used in patient care.”

Daly recognizes Beck’s multiple talents.

“He has a great mixture of medical, administrative and technical skills,” she says. “Our division has grown so much that one person couldn’t possibly manage it all alone, and Bob is the perfect match for the deputy position.”

Beck previously directed the evaluative sciences program in the population science division. He currently holds grants from the National Library of Medicine, the Pennsylvania Department of Health and the National Cancer Institute Cancer Biomedical Informatics Grid (caBIG).

Prior to joining Fox Chase’s faculty nearly five years ago, he was vice president for information, research and planning at Baylor College of Medicine in Texas. He was also a professor of pathology and of family and community medicine at Baylor.

Beck lists collaborating with Daly to recruit dynamic new division members as one of his major goals in his new role. He’d also like to expand health services and outcomes research programs at Fox Chase.

“We can make a tremendous impact in this area as a medium-sized institution,” he says. “Our size allows us to manage data more efficiently than many larger institutions, and successful data management leads to successful innovations.”

As for challenges, Beck cites identifying priority areas of research for the division.

“Population science encompasses a broad collection of research ideas that are related yet diverse,” he explains. “You want to tackle everything, but it’s impossible. We will cover all areas but need to choose a few directions to pursue most intensely.”

Beck received his M.D. from Johns Hopkins University in Baltimore and served his residency in pathology at Dartmouth-Hitchcock Medical Center in New Hampshire. He completed a fellowship with a focus on clinical decision making at the New England Medical Center.

A past editor-in-chief of *Medical Decision Making*, Beck serves on the editorial boards of *Disease Management* and the *Journal of Biomedical Informatics*. He is also a board member for IDM Pharma, a publicly traded cancer therapeutics company.

He is a member of many professional and scientific societies, including the American Medical Informatics Association, Society for Medical Decision Making, College of American Pathologists, College of Healthcare Information Management Executives and the American College of Medical Informatics.

Publications Exhibit Nurses' Expertise

Held-Warmkessel Edits Prostate Cancer Guide for Nurses



Fox Chase Cancer Center clinical nurse specialist **Jeanne Held-Warmkessel** is the editor of a new book, "Contemporary Issues in Prostate Cancer: A Nursing Perspective," Second Edition. She is also the author of two chapters in the book.

The book discusses the nursing care and management of patients with prostate cancer, keeping nurses up to date with recent trends and changing incidence of the disease. It also addresses prostate cancer risk factors, screening, diagnosis, treatment, symptom management, pathophysiology and patient education resources.

Oncology and advanced-practice nurses can use the

guide as a resource when caring for men with prostate cancer.

Held-Warmkessel also edited the first edition of "Contemporary Issues in Prostate Cancer: A Nursing Perspective" and has published a "Pocket Guide to Prostate Cancer." She has nearly 30 years of nursing experience and regularly delivers presentations on the subjects of prostate cancer, chemotherapy and other cancer-related issues at meetings of the Oncology Nursing Society and at Fox Chase.

At Fox Chase, Held-Warmkessel cares for patients with genitourinary malignancies, other solid tumors and hematologic malignancies who are treated with phase I or phase II investigational agents.

She attended St. Luke's Hospital School of Nursing in Bethlehem, Pa., and received a bachelor's of science in nursing degree at Cedar Crest College in Allentown, Pa. She received her master's of science in nursing degree from the University of Pennsylvania School of Nursing in Philadelphia.

Dell Receives Writing Award

Fox Chase clinical nurse specialist and educator **Deena Damsky Dell** tied for second prize in a clinical writing contest sponsored by *Nursing2006*, a how-to journal for nurses. Dell's article, "Spread the Word About Breast Cancer," was nominated by an editor of the journal, and the *Nursing2005* editorial advisory board selected her as a winner.

Published in October 2005, Dell's article outlines current information about breast cancer, risk factors, screening recommendations and detection and treatment methods. Her goal was to provide facts that nurses can share with their breast cancer patients.

As clinical nurse educator at Fox Chase, Dell is responsible for the development and administration of the transitional program for new graduate students. She is also a lecturer for nursing continuing education courses and an advanced cardiac life-support instructor. She has contributed

to many publications, including the *Oncology Nursing Forum* and the *Clinical Journal of Oncology Nursing*.

Dell received her bachelor's of science in nursing degree from the Nell Hodgson Woodruff School of Nursing at Emory University in Atlanta and her master's of science in nursing degree from the Boston College School of Nursing. She joined Fox Chase in 2000.

Dell was recognized at a *Nursing2006* symposium in Las Vegas on April 18.

To read her article, go to http://www.nursingcenter.com/prodev/ce_article.asp?tid=604839.



Talbot Research Library Gains a Fresh Perspective

If the Talbot Research Library hasn't appealed to you in the past, it's time to meet the newest member, **Sherri Place**. She's ready to spice up the old and bring in the new, with the hope of inspiring a new excitement for the Fox Chase Cancer Center library.

Place is no stranger to libraries. Armed with a master's of science in library and information science degree, Place has made her way around libraries such as her home state's public library in Crystal Lake, Ill., Penn State Abington and Philadelphia University.

It was practically her destiny to end up in "library school," she says. After first ruling it out while working in the English library during undergraduate studies at the University of Illinois, Place realized it was her fate following a year as a high school teacher. Library work appealed to her because "you can teach, but you don't have to do things like grading or lesson plans."

Place's years as a librarian in various institutions have taught her that each

setting comes with its own challenges.

"You're faced with all kinds of questions no matter what library you're in," Place admits. But this has better prepared her for Fox Chase.

Each librarian is given a subject area of concentration in the Talbot Library and Place received the nursing beat. Initial projects included updating the nursing reference link on the Intranet staff portal to make it more attractive and user-friendly.

But Place is excited about helping all staff and faculty. Many people are unaware that with the help of a professional librarian they can be much more successful in locating information, she says.

"We know all sorts of searching techniques to find more precise information and we are experts at evaluating that information," she explains.

Some of Place's goals include getting more employees to use its services.

"People don't realize that we can answer all kinds of questions—not just



Sherri Place (left), the library's newest face, is ready to help all staff and faculty locate the information they need.

science-related," she says. "I want the library to be more of a destination for employees and if that means I have to travel to offices to explain it, I'm more than happy to bring the library to them!"

Place wants to ensure that employees become more information-literate so they are able to find and evaluate search engines and information databases.

"I love helping people," she says, sincerely. "It's a great feeling to connect people to the answers they are looking for."



Patricia Weeks Receives Prestigious Bayh-Dole Award

Patricia Weeks, vice president of planning and business development at Fox Chase Cancer Center, was presented with the Bayh-Dole award by the Association of University Technology Managers (AUTM) in March. Weeks was selected as the recipient of this award for her leadership, vision, mentoring, service and dedication to AUTM and to the practice of academic technology transfer.

AUTM is a nonprofit organization that promotes, supports and enhances the global academic technology transfer profession through internal and external education, training and communication. Each year AUTM honors individuals who have made exceptional contributions to the profession with the Bayh-Dole award, which recognizes the contributions of Senators Birch Bayh, D-Ind., and Bob Dole, R-Kan., co-authors of the Bayh-Dole Act of 1980.

“Pat has left an indelible stamp on AUTM and on the field of academic technology

transfer through her leadership, her vision and her mentoring. As technology transfer professionals, we are all indebted to Pat for her untiring efforts and for her vast and lasting contributions to our profession,” said Mark Crowell, AUTM president.

At Fox Chase, Weeks is responsible for the negotiation of all commercial agreements as well as the management of the Center’s technology portfolio.

Weeks is a past president of AUTM. In addition, she has served as vice president and president-elect and vice president for professional development. She also has served the Eastern Region of AUTM as vice president and president-elect and vice president for professional development.

As a respected expert, Weeks has been invited to speak at many national and international conferences, symposia and workshops on the subject of the transfer of academic technology to the commercial sector. She is also past chairwoman of the executive committee of START, a consortium of area academic organizations, the Ben Franklin Partnership and British Technology Group.

Linda Sesa Named Breast Care Coordinator

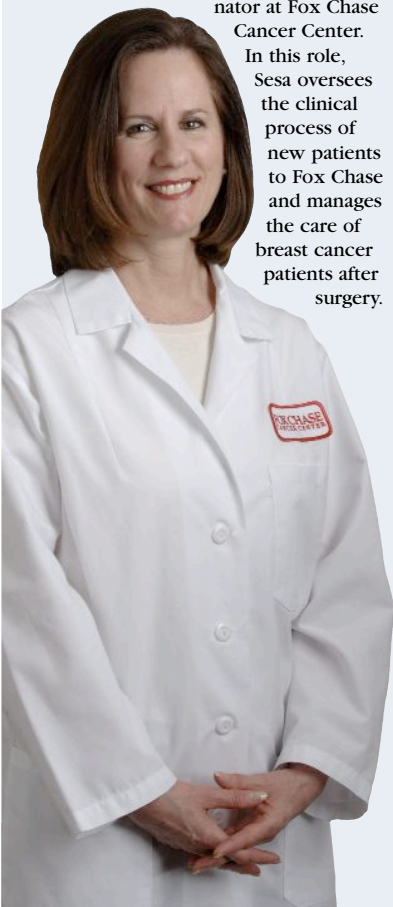
Linda Sesa has been named breast care coordinator at Fox Chase Cancer Center.

In this role, Sesa oversees the clinical process of new patients to Fox Chase and manages the care of breast cancer patients after surgery.

Before joining Fox Chase, Sesa was a nurse practitioner in the surgical oncology department and breast cancer survivors’ clinic at The Cancer Institute of New Jersey in New Brunswick, N.J. She was also coordinator of the STAR Trial, a study comparing tamoxifen and raloxifene for the prevention of breast cancer in women at risk of developing the disease.

Sesa received her bachelor’s of science in nursing degree from Villanova University and her master’s of science in nursing degree from the University of Pennsylvania in Philadelphia. She participated in the health care of women nurse practitioner program, is OB/GYN certified and received national certification as a women’s health nurse practitioner. She is an advanced oncology certified nurse practitioner.

Sesa is also a member of Oncology Nursing Society and the American Society of Breast Disease.



Stell Joins Quality Management Department

In her new role, Stell monitors, evaluates and reports quality management data with an emphasis on patient-centered issues. She also assists in educating nursing staff about new Joint Commission on Accreditation of Healthcare Organizations (JCAHO) guidelines and other regulatory standards.

Stell graduated from St. Joseph’s Hospital School of Nursing in 1978. She received her bachelor’s of science in nursing degree from York College in 1986.

Marcie Stell, a Fox Chase Cancer Center nurse since 1986, has been promoted to quality assessment coordinator in the quality management department. Previously, Stell worked in radiation oncology, where she rose to a level 3 nurse and accrued vast knowledge of inpatient care and interaction.



Keiper Promoted to Administrative Manager in Diagnostic Imaging

Keiper joined Fox Chase in 1990. Previously, she was chief technologist in interventional radiology and diagnostic radiology.

“Throughout her career at Fox Chase, Joan has been dedicated to excellent, compassionate care for our oncology patients, a commitment she’ll sustain in her new position,” says **Dorothy Riels**, vice president of ambulatory care services.

Keiper is a graduate of Widener University in Chester, Pa., with a degree in health services.

Joan Keiper has been promoted to administrative manager in the diagnostic imaging department at Fox Chase Cancer Center. In this role, Keiper supervises the diagnostic imaging staff, works with vendors to purchase new state-of-the-art technology and manages other diagnostic imaging operations.



Winter Takes Over as Creative Beginnings Program Director

Winter’s promotion coincides with a period of great growth for Creative Beginnings. The program will soon officially celebrate the opening of a new facility, Creative Beginnings North, and is currently preparing for reaccreditation with the National Association for the Education of Young Children. This accreditation is a prestigious honor recognizing early education programs that surpass national standards.

Winter has a bachelor’s degree in special education from La Salle University in Philadelphia and a master’s degree in early childhood and elementary education from Arcadia University in Glenside, Pa.

Kathy Winter has become program director for Creative Beginnings, Fox Chase Cancer Center’s child development program. Winter replaces long-time director Judy Taylor, who retired in March.

Before assuming her directorship role, Winter spent 10 years as a program specialist at Creative Beginnings. For the past five years, she has managed infant and toddler classrooms at Creative Beginnings’ two sites.



Fox Chase Biochemist Is Recognized With Awards

State University of New York (SUNY) College at Cortland has created an Academic Hall of Fame to recognize alumni for their scholarly proficiency as students as well as the distinction they have achieved in their careers. The first class of Hall of Fame Honorees includes Fox Chase Cancer Center's biochemist **Eileen Jaffe**. Jaffe, along with eight other honorees, was inducted at an April 22 reception and dinner. The honorees also were recognized during the college's honors convocation that evening.

The Hall of Fame concept "is an attempt to recognize former students who parlayed their academic success at Cortland into successful

careers," says Mark J. Prus, chair of the Academic Hall of Fame Committee and dean of the School of Arts and Sciences, which sponsored the program.

Candidates for Hall of Fame membership are first nominated by a faculty member, then considered by a committee made up of faculty members and administrators from the college's three schools—arts and sciences, education and professional studies. In the future, student representatives from each school will be recruited for committee service.

In addition to the Hall of Fame induction, Jaffe was honored on May 17 by the Philadelphia chapter of the Association for Women in Science (AWIS) as the 2006 Elizabeth W. Bingham awardee. The Bingham award is given in recognition of service as a mentor to other women in science. The awards dinner and lecture took place at the Arcadia University Castle in Glenside, Pa.

Fox Chase Research Pioneer Receives Esteemed Honor



V. Craig Jordan, recently was honored with the 2006 American Cancer Society Award and Lecture for his contributions to the prevention and control of cancer. Carolyn D. Runowicz, president of the American Cancer Society and director of the Carole and Ray Neag Comprehensive Cancer Center in Farmington, Conn., presented Jordan with the award. His lecture was titled "Chemoprevention of Breast Cancer: Serendipity and Pragmatism."

Fox Chase Cancer Center's own "father of tamoxifen" **V. Craig Jordan**, recently received a prestigious honor from the American Cancer Society. During the 42nd Annual Meeting of the American Society of Clinical Oncology (ASCO) in June, Jordan accepted the 2006 American Cancer Society Award and Lecture for his significant contributions to the prevention and control of cancer.

Jordan, who is vice president and scientific director for the medical science division at Fox Chase, was recognized for his research into the link between selective estrogen-receptor modulators (SERMs) tamoxifen and raloxifene and breast cancer prevention.

His work led to the recent breast cancer prevention trial, the Study of Tamoxifen and Raloxifene (STAR) trial. This National Cancer Institute-funded

study examined how the osteoporosis drug raloxifene compared with the breast cancer drug tamoxifen in reducing the incidence of breast cancer in postmenopausal women at increased risk for the disease.

Results of this trial, announced in April and presented at ASCO, revealed that raloxifene works just as well as tamoxifen in this capacity, according to Jordan.

Jordan not only was the first scientist to demonstrate tamoxifen's ability to prevent breast cancer in laboratory rats but he also was instrumental in the development of raloxifene for its original use in preventing and treating postmenopausal osteoporosis.

His published studies of SERMs have made him one of the top most-cited breast cancer researchers in the past decade.



Giri Named Director of Prostate Cancer Risk Assessment Program

Medical oncologist **Veda N. Giri** has been named director of the Prostate Cancer Risk Assessment Program at Fox Chase Cancer Center. The program offers education, risk assessment and screening to men who are at an increased risk of prostate cancer because of their family history or because they are African-American. Participants also have the opportunity to be involved in innovative prostate cancer research.

Giri joined Fox Chase in 2004 with a dual appointment in the population and medical science divisions. In that role, she conducted research on the molecular genetics of prostate cancer, risk assessment and cancer susceptibility and also served as a clinic physician for the Prostate Cancer Risk Assessment Program. As an attending physician in the medical oncology department, she also treated patients with prostate and breast cancer. She will continue to do so in her new position.

Before arriving at Fox Chase, Giri completed her residency in internal medicine and a fellowship in hematology

and oncology at the University of Michigan Medical Center, Ann Arbor. She also served as attending physician for ambulatory care medicine at the Ann Arbor Veterans Administration Hospital.

Giri has received a number of grants reflecting her commitment to research in the field of prostate cancer, including the Mark Roth, M.D., Memorial Research Award for excellence in research during her fellowship. She also received a National Institutes of Health Training Grant and a Specialized Program of Research Excellence grant to explore the association between Agent Orange and prostate cancer. She currently holds an American Cancer Society Institutional Research Grant to investigate the role of DNA mismatch repair defects in prostate cancer risk.

Giri is an active member of many professional organizations, including the American Society of Clinical Oncology and the American Association for Cancer Research. She is also on the editorial board of the National Cancer Institute's PDQ Cancer Genetics Services Directory.

She received her bachelor's of science degree from Pennsylvania State University and her M.D. from Jefferson Medical College in Philadelphia.



Cancer Information Service Member Wins Spirit Award

Kim LeMaitre (center) received the Spirit of CIS Award during the CIS National Meeting in March.

The National Cancer Institute's Cancer Information Service (CIS) has awarded the Spirit of CIS Award for the Atlantic Region to **Kim LeMaitre** of Cherry Hill, N.J. LeMaitre serves as member of the CIS' partnership staff focusing on training development, implementation and evaluation. She joined the Atlantic Region, which is based at Fox Chase Cancer Center, in 1994.

This national award is given to an individual who best personifies the CIS spirit of caring and commitment, and routinely demonstrates this dedication through attitude, contributions to the program and relations

with other members of the staff.

LeMaitre was selected in recognition of her years of service and her exceptional commitment to excellence.

She has held various key positions in the organization, including information specialist and training coordinator, where she offered comprehensive instruction and guidance to the CIS staff to help them better serve the public.

Additionally, as a former member of the training task force, she is well known for her excellent teaching strategies and innovative continuing education programs.

Scenes From Race Day Sunday, June 11, 2006



Pedal for Prevention Riders didn't miss a beat on race day. Fox Chase's Steve Seebolzer (third from left) and his teammates from Guy's Racing were among the first to make it around the course.



The professional cyclists endured a 156-mile circuit containing three opening laps, one mile each, 10 large laps, 14.4 miles each, and three small laps, three miles each.



In the Philadelphia International Cycling Championship, Greg Henderson from New Zealand crossed the finish line first after more than six hours of rigorous cycling.



The Manayunk Wall is the most infamous and grueling for cyclists. It is a steep, one half-mile climb that is scaled 10 times. A rider's speed up the Wall varies between 8 and 18 miles per hour.

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