

THE ACTIVE CURE

You can make a difference in helping the breast-cancer cause—in a way that's more fun than reaching into your wallet. Now, swim, hike, run, and golf your way to a cure by signing up for one of the growing number of sporting events that raise money for research and education. Here are a few coming your way this summer. (Also look for local events in Oct., breast-cancer awareness month.)

- Against the Tide, June 15: Plunge into Walden Pond in Concord, Mass., for a onemile swim open to all ages and abilities to benefit the Massachusetts and National Breast Cancer Coalition; 800-649-6222.
- Expedition Inspiration's Help Breast Cancer Take-a-Hike: From Aug. through Nov., on mountains from Denver to Seattle, get sponsored for a daylong hike-a-thon; 208-726-6456.

• The Breast Cancer Fund's Peak Climbs: In Aug. and Sept., get sponsored for a challenging day-hike up one

sored for a challenging day-hike up one of four different peaks from New England to California; 800-487-0492.

• Gillette's Volvo Club Challenge:

Register your team of one male and one female in this nationwide amateur golf tournament to benefit the Susan G. Komen Breast Cancer Foundation. Win your local tournament and you're eligible to play in the final round at the Broadmoor resort in Colorado Springs in Sept.; 617-242-3100.

• Run or walk 5K in the Susan G.

Komen Foundation Race for the
Cure. Now in its 13th year, the series
is still going and growing—it now
takes place in more than 60 cities
nationwide. Call 800-I-SNACK-2
for a race calendar.

—B. B.

2 CHICKS, 2 BIKES, 1 CAUSE

Porter Gale and Donna Murphy are twentysomething New Yorkers who left their jobs and are currently on a four-month cross-country bike ride to educate women 18-35 about the importance of breast health. They'll make a video documentary of the young women they meet along the way who've been affected by breast cancer. Anyone is welcome to bike part of the route with the twosome. Cruise their web site-www.2chicks.org-to get updates on their progress, to learn more about breast cancer. and to order a "2 Chicks, 2 Bikes, 1 Cause" sterling-silver charm for \$40. (Proceeds benefit the National Alliance of Breast Cancer Organizations.) Call NABCO at 800-719-9154 for more information. ---B.М.Н.

ROWING ON THE RIVER

When Barbara Johnson, the mother of actor Christopher Reeve, was feeling the strain of her son's paralyzing accident, she headed for the river. The Charles River in Cambridge, Mass., that is. There, she competed in the Head of the Charles, the world's largest one-day rowing regatta.

Instead of rowing with a group in an eight-person shell, she entered as a single. The solitude of being alone on the water, along with her favorite sport, helped her cope. "After my son's accident," she says,

"I rowed only in my single shell, which made me a better skuller."
Johnson, who's been rowing for nine years, participated in the Head of the Charles last fall. "It was a tough race, three miles

long with seven bridges and twisty turns. It was a challenge in steering. I got third place in the veteran women's category, and I'm very proud of that."

At 64, Johnson has much to be proud of: a job as an associate editor of Princeton's *Town Topics* newspaper, four sons who "egg her on," and, most recently, a position as a Community Hero Olympic torchbearer for the 1996 Summer Games. "I was nominated by a fellow member of the Carnegie Lake Rowing Association [in Princeton]."

She's worried about having to run with the torch. "I

can row but I can't run," she states. "But my son Christopher said, 'Mom, you at least have to trot.' So I'm working out on a treadmill to get ready. See how my sons egg me on?"—B.M.H.

