

## Carol and Margaret: Super Sisters

When Carol Welsh was an infant, her dad called her Super Baby. When she outgrew that, she became Super Big Girl. Her dad had passed away before Carol was diagnosed with an ependymoma at the age of 30, but her sister Margaret didn't take long to coin the next nickname: Super Survivor.

"She is an incredible fighter," Margaret said of her sister. Carol was a graduate student when she became very ill. It was during a visit from Margaret that Carol's brain tumor diagnosis was finally determined in 2000. She has since endured three surgeries, plus radiation and chemotherapy and is one year tumor free.

The tumor and its treatment affected Carol's cranial nerves, so she continues to face physical challenges. But for the past seven years, she has supported others

online by serving as an historian for an ependymoma mailing list and a personal website about her own experience.

Margaret continues to be amazed by her sister. "She's so positive, so brave - and so nice to people." The Race for Hope DC has been another way for Carol to connect with others. Margaret

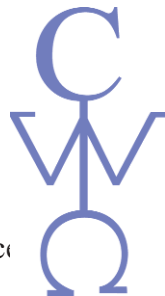


*In 2005, Carol did the Race just two months after surgery.*

remembers when a stranger approached her at the Race to ask if she was Carol's sister. "I felt like a rock star!" Margaret said. "The Race is an amazing event. People really pull together."

The Welsh family first did the Race for Hope in 2005. A talented athlete since high school, Carol did the Race even though she underwent surgery just weeks before. For 2006, they "made a big push" and broke the \$10,000 mark, and last year, their team of 40 runners and walkers raised more than \$20,000. Each year, there's a special sticker for "Friends of Carol Welsh - Super Survivor," thanks to a brother-in-law who is a designer.

One day per year wasn't enough for Margaret, though. While Carol continued to connect with others online, Margaret gave back to the brain tumor community by getting more involved with organizing the Race for Hope. "I love that it's a volunteer committee who plans the Race," said



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*...and more to come*

Margaret. Co-workers who joined the team declared it the best road race they'd ever done.

So Margaret helped to coordinate packet distribution last spring, and this year she has stepped up to coordinate other volunteers for Race weekend. She is still the team captain for Friends of Carol Welsh - Super

Survivor, and her expanding role in the Race hasn't kept her from setting higher sights for the team. "Our goal is to have 50 people on the team this year, and to raise at least \$40,000."

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