Mapping Your Story

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Andrew Conte, Ph.D.

- Journalist for many years
- Author of several nonfiction books
- Director of the Center for Media Innovation
- Cyclist
- Storyteller
Wayne & Tanner

- Brought some friends this year
- We are here to record messages that you and NCCS can share on social media and the web
Storytelling Guideposts

- Introduction: Get us hooked
- Key details: 2-3 items we need to know
- Climax: The dramatic turn
- Takeaway: What should we remember
My Story: How I Got Here

• Five left out from The Point in Pittsburgh.
• Time to reflect. Adventures happened.
• Arrived in DC yesterday. So much excitement. Couldn’t find Mile 0. Then we did.
• The real adventure was the time with son, cousin and friends.
How Did You Get Here?

- First timers?
- Who has been here the most years in a row?
- Who came the farthest?
- How did you travel to get here?
How Did You *REALY* Get Here?

Each of you has a unique story to tell. What’s your story? What do you want others to know about your journey? What are your guideposts?
Short Stories

• Last year: Tweets. 140 characters.
Cancer tried to kill me twice. But I fought back like Tyson and knocked it the F**k out. @PinkSlayer.org we didn't come to play we came to fight cancer.
Very Short Stories

Share your story in the 140 characters below. Remember spaces, commas, and other punctuation count.

The journey of cancer, mental, physical, and emotional dread. The pain of what ifs flows like the nile through survivorship. 

#cancerisamanasshole
Very Short Stories

Share your story in the 140 characters below. Remember spaces, commas, and other punctuation count.

Shaking my meds each morning,
judiciously counting each pill.
Embarrassed of my illness, I
keep silent. Rattle, rattle, rattle.
Every day.
When I was little I was only allowed to speak when I was spoken to. I am still little, but conceal gave me a voice now. I raise my words, not just my voice.
Sharing Our Stories
The Destination

You are the expert at your story. Share it in a way that others will **hear, understand** and **remember**.

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