

Hello to you,

I wanted to write people about an organization my wife Jane is raising money for called Girls on the Run. It's an organization that specializes in helping girls from ages 8-13 run, and the objective is to build confidence, promote health and fitness, and provide a safe environment for them to learn from each other. Each girl in the program gets a "running buddy" who is an adult personal running partner. The program culminates in the Lollipop 5k Run in Golden Gate Park, but there are chapters all over the country.

I had originally planned to just go to the Lollipop 5k Run to support Jane but when an extra racing spot became available I decided to run my first race - a 5k with a bunch of preteen girls! I thought I might have a chance to win this thing. When I got to the race area there were girls with their running buddies doing cheers, passing out stickers, spray painting each other's hair and just having a good time preparing for the race. The enthusiasm was infectious. When I learned that one school was short on running buddies I volunteered to run with a girl. Unfortunately, I got turned down by a girl and learned that a lot of these kids feel uncomfortable around men, so I ran the race without a running partner. It made me realize how important it is for these girls to have positive surroundings and good role models in their lives. The race was a blast and such a great experience. The girls were so happy and proud of themselves for their great accomplishment, and sometimes that can mean everything in the world to a kid that age.

Jane's running a half marathon in October and is raising money for Girls on the Run. Please consider donating money to the cause or learning to how to get involved.

Thanks,
Jack

<http://www.firstgiving.com/name> (donate here)
<http://www.gotrbyarea.org>