

Hi Friends and Family,

I am running and fundraising for Girls on the Run! I have joined *You Can Run*, the half-marathon training program benefiting Girls on the Run of the Bay Area.

Each of us *You Can Runners* is committed to raising at least \$1300 for Girls on the Run, which is enough for full scholarships for four local girls in financial need this upcoming **fall season**. As a team, our goal is to raise \$50,000, which is enough for 160 scholarships **this fall!!**

Running half-marathons is not new to me, but running for the girls in Girls on the Run *and* with such amazing teammates has turned this training into something unlike any of my other half-marathon training seasons..... it's NOT about ME! I am training hard for the **San Jose Half Marathon on October 3rd**, but I am working even harder to raise money for Girls on the Run.

In this economy, both private and corporate foundations have less to give and preventative programs are frequently the first ones to get cut. With your support, I am hoping to fill some holes so Girls on the Run of the Bay Area can continue the promise to never turn an interested girl away for financial reasons.

The Girls on the Run program works! The girls may be sassy sometimes, but it is so encouraging to see them develop self-respect and learn about the importance of physical activity, good nutrition and community service, before it is too late. It is so critical to reach girls at an early age to prevent the at-risk behaviors like eating disorders, obesity, substance abuse, depression and adolescent pregnancies.

Please help support the girls of Girls on the Run by donating:

<http://www.firstgiving.com/claireblaney>. All donations are 100% tax deductible and company matches are encouraged. There is no amount too small (or too big)!

Thank you!!!!

Claire