

I KNOW . . . BECAUSE OF HOSPITAL HILL RUN



HALF MARATHON • 10K • UMKC SCHOOL OF MEDICINE 5K

VIEW

The first time I participated in an endurance event, I trained with a charity. I felt that if I was going to make sure that I completed the race, I needed support. I knew of no better way to ask for support than to ask for donations. I sent letters to 300 of my friends, business associates, family and friends of friends. I figured that once I put it out there, I could not take it back. It also helped on mornings when it was cold and snowy and I wanted to roll over and stay in bed, I thought of all the people I would be letting down, especially myself. In the end being part of something bigger than myself helped me to raise \$3,400 and complete the Memphis in May Triathlon. I went on to complete six more seasons with the group as both a participant and a mentor.

If you are looking for something to give you that extra motivation, I strongly encourage you to train, fundraise and to participate with one of the [Hospital Hill Run charity partners](#) below. You will receive all the benefits of participating in Hospital Hill Run with the added bonus of doing something to help others.



Unite with the [ALZ Stars Team](#), and the Alzheimer's Association, and join the unstoppable force of thousands of people who are standing up to this devastating disease. Fundraising efforts will support the 250,000 local individuals and family members dealing with Alzheimer's as well as benefit research advancements for a cure.

[BE HEADSTRONG](#) Our mission is to support brain tumor patients and caregivers in the greater Kansas City area - through public awareness, education and services - and to aid organizations working to cure brain tumors.



[Girls on the Run](#) is a nonprofit character-development

program for girls in the 3rd through 8th grade. The program combines training for a 5K (3.1 miles) running event with lessons in self-esteem, nutrition, relationships and community service.



Heartstrings Community Foundation assists adults with developmental disabilities to live meaningful, independent, productive lives through interactions within the community.



[Infant Toddler Services of Johnson County](#) is dedicated to providing early intervention services and developmental evaluations to children birth-3 who live in the Johnson County area. Some children served are medically fragile, others only need extra help reaching their developmental milestones, all are in need of the individualized services provided.

The Kansas City Affiliate raises support for the [Pancreatic Cancer Action Network](#), a nationwide network of people working together to advance research, support patients and create hope for those affected by pancreatic cancer. There are year-round opportunities to support the fight against this disease.

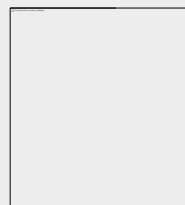
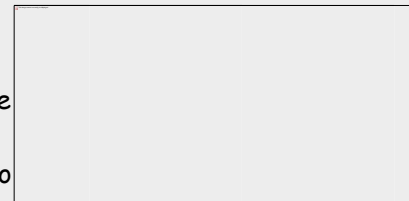


[Quest to Walk](#) is an organization dedicated to improving the lives of individuals with spinal cord injuries (SCI's). Located in Overland Park, we offer an intense exercise based

recovery program. Revolving around a simple premise: exercise out of the chair, we are a beacon of hope for those with SCI's.

[The Truman Medical Center \(TMC\) Charitable Foundation](#) exists to support TMC and its mission to provide state-of-the-art healthcare to everyone, regardless of their ability to pay. The TMC Charitable Foundation

builds community engagement and inspires donors to generously support TMC as it leads the way to a healthy community.



Since 1968 [Westport Cooperative Services](#) has worked to encourage and develop cooperative solutions to community needs in the Kansas City metro area.

[Camp Encourage](#) is a nonprofit organization that provides a quality summer overnight camp opportunity to youth with autism spectrum disorders.

[Kansas City Retired Greyhounds as Pets \(KCREGAP\)](#) finds forever, loving homes for retired Greyhound racing dogs.

Founded in 1948, the [National Spinal Cord Injury Association](#) is the nation's oldest and largest civilian organization dedicated to improving the quality of life for hundreds of thousands of Americans living with the results of spinal cord injury and disease (SCI/D) and their families.

Built in honor of Adam Petty, [Victory Junction](#) provides life-changing experiences for kids with chronic medical conditions or serious illnesses.

To register with one of these wonderful charity partners, follow their link to their website which will answer additional questions. Whether you have already registered for [Hospital Hill Run](#) or were thinking about registering, please support our charity partners!

If you are a charity and interested in becoming a partner of Hospital Hill Run, please email Julie@hospitalhillrun.com for more details.

In our next email you will get to meet some real life heroes! We are less than four months to the [38th Annual Hospital Hill Run](#)! Can't wait to see you there!

Beth

Beth Salinger
Race Director
Hospital Hill Run
June 4, 2011

www.hospitalhillrun.com



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