



**“If you are going to run, run for a reason.”**

Dear Family and Friends,



I am in the midst of a life-changing journey. Recently, I found myself face to face with a problem that I could no longer ignore an inner-city child. The children of Oak Ridge Elementary School are stuck in one of the most economically deprived and poverty-stricken environments on the West Coast. Sacramento’s Oak Park neighborhood has been called “one of the worst of California’s ghettos.”

Last year a friend of mine ran 100 miles and raised enough money to secure enrollment into health care for every child. When the school year started 12 percent were enrolled. At the end of the school year, 82 percent of the kids had health care coverage.

After-school programs were created. California STAR testing measuring academic progress made double-digit gains. Teacher turnover was only one teacher, opposed to the annual 50 percent turnover of previous years.

The after-school program was called the Be Change Runners. Taken from “be the change in the world you want to see.” At the completion, the kids were taken on an “I Never’ trip which conquered a list of things the kids had never done: Never left my neighborhood, seen the ocean, eaten at a restaurant, stayed at a hotel, owned a pair of new shoes, or seen a college campus. NIKE, University of Oregon, and so many others made it a trip of a lifetime.



The school even received the prestigious California Golden Bell Award from State Superintendent Jack O’Connell. It is the educational equivalent of a Grammy!

So why am I telling you all this... because of two reasons:

1. To raise awareness so that when you hear of this ghetto, know that good is growing.
2. To raise funds through my efforts in the California International Marathon.

I am part of a movement that is committed to securing one runner on behalf of every child on that campus. Each runner is seeking to raise \$1000 per child to cover: excellent after-school programming, literacy, nutrition and fitness awareness, and continued health care enrollment assistance.



I’m asking you to consider sponsoring my run. A flat fee or a “per mile” amount would be great. The next page explains how this will make a difference.

[www.extramilerun.com](http://www.extramilerun.com)  
**Be Change**  
the extra mile run for oak ridge elementary



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**FLAT RATE:**

OR

**P/Mile RATE:**

|   |   |   |   |                      |
|---|---|---|---|----------------------|
| <input type="text"/><br>Amount Per Mile | X | <input type="text"/><br># of Mile Est. I Will Run | = | <input type="text"/> |
|---|---|---|---|----------------------|



**Sponsor Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City | State | Zip:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Total Amount:** \_\_\_\_\_

Return this portion to the Be Change Runner.

**Please make all checks payable to "Sacramento Valley Region Care Coalition"**

**The Details**

The Extra Mile Run and Equal Start Initiative is operated under the California Non-Profit Tax Exemption 501 (C) 3 status of the Sacramento Valley Region Care Coalition.

One hundred percent of raised funds goes to meeting the goals, needs and programming for inner-city campuses. (I.E.: Oak Ridge Elementary.)

A year-end tax receipt will be issued from Sacramento Valley Region Care Coalition by January 31, 201, reporting all funds donated during the 2009 calendar year.

For more information or to assist at a corporate level, please contact Director Jason Harper at 1-866-31-REACH or email him at JasonH@charactercombine.com.

Sacramento Valley Region Care Coalition  
Tax ID #: 20-2942297

Visit [www.extramilerun.com](http://www.extramilerun.com).



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