

Dear Family and Friends,



It has been nearly 10 years since the 9/11 terrorist attack. Firefighters, equipped and confident, responded with the readiness to serve and save. Face to face with danger and fear hundreds of firefighters selflessly gave their lives to save others. "Greater love has no man than this that he lay down his life for a friend". These men and women died heroes in the eyes of all Americans. We all say "we will never forget" but that phrase couldn't be more true than to the children who lost their father's and mother's on that dreadful day ten years ago.

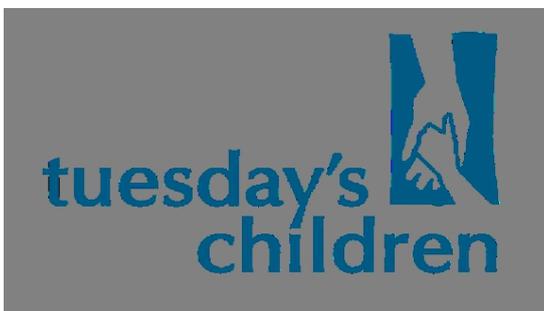
Tuesdays Children is a non-profit family service organization commitment to every individual impacted by the events of September, 11, 2001. By offering support and encouragement, families are able to heal and recover and gain a stronger bond to one another.

Through the First Responder Alliance, Tuesdays Children serves the heroic first responders that worked tirelessly at Ground Zero. Many now exhibit physical and mental health issues, including chronic respiratory ailments, post-traumatic stress disorder, anxiety, depression, cancer and fibrosis. Programming for this population includes health and wellness, stress management, nutrition, career planning workshops, life management and family relationship building and communication.

On November 6, 2011 I will be running the New York City Marathon. I am running this race in honor of my dad (a Chula Vista Fire Captain and my personal hero), in recognition of the Chula Vista fire fighters, and in support of Tuesdays Children.

By Supporting me in my training, Tuesdays Children will continue to bring support and encouragement to our 9/11 families.

-Jamie



**Click [HERE](#) to make a donation to support Jamie in the ING New York City Marathon on November 6th!**

*Don't forget to write "Jamie" in the gift designation box.*