

Dear Family & Friends,



With the upcoming 10<sup>th</sup> anniversary of 9/11, I need your assistance with supporting a very worthy cause. I'm asking for your sponsorship in running 26.2 miles across 5 boroughs in the ING New York City Marathon on November 6, 2011 to help raise money for Tuesday's Children.

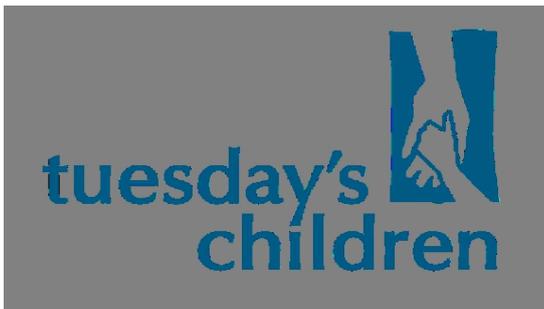
Tuesday's Children is a non-profit family service organization that has made a long term commitment to every individual impacted by the events of September 11, 2001 and more recently those who have been impacted by terrorist incidents worldwide. Since 2001, Tuesday's Children has promoted healing and recovery by strengthening family resilience, providing individual coping and life management skills and creating community through programs, mental health support and family engagement opportunities.

Through the First Responder Alliance, Tuesday's 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. In addition, family events including picnics, sporting events, and community service opportunities help to strengthen bonds.

Project COMMON BOND brings together teens, ages 15-20, from around the world who share a “common bond” — the loss of family member due to an act of terror. This program has hosted teenagers from Argentina, England, Ireland, Israel, Liberia, Palestine, Russia, Spain, Sri Lanka and the United States. This year’s program, now in its fourth year, was hosted in Washington DC.

As a member of the 30 person Endurance Fundraiser ING New York Marathon team it’s my goal to raise as much money for this very special organization. Any donation you can make on my behalf for Tuesday’s Children would be greatly appreciated.

Thanks for your support and I’ll see you at the finish line.



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

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