

Dear Family, Friends & Colleagues,



As most of you already know, I will be running the ING New York City Marathon on November 6, 2011. It is with strength and determination that I am running to support **Tuesday's Children**, 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.

It has been over ten years since the terrorist attacks instantly changed the lives of thousands of people, and more specifically over 40 families in my hometown of Manhasset, Long Island. If it weren't for the strength and determination of those families pulling together to help individuals who lost someone on 9-11, Tuesday's Children would not have begun. I am proud to say I'm running to honor the individuals lost that day, including someone close to my own heart.

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.

Any donation you could make on my behalf for Tuesday's Children would be much appreciated. Now that the 10th anniversary of 9/11 has passed, it continues to be of the utmost importance to raise awareness for the ongoing needs of these families.

Please feel free to visit the Tuesday's Children website for more information on their life changing programs and services www.tuesdayschildren.org. Additionally, do not hesitate to contact Alisha Feltman, Event and Development Manager, at (516) 562-9000 should you have questions, wish to make a donation, or require additional information.

Warmest regards,

Sarah



Click [HERE](#) to make a donation to support **Sarah Richardson** in

the **ING New York City Marathon** on November 6th!

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