

RACE DAY SPEECH 2015

Good morning and welcome to the SIXTH annual Running 4 Answers. It is chilly. Barbara and I know you are all anxious to get started, so I promise to keep it brief.

Over our first 5 years, we have donated \$175,000 to Cure Alzheimer's Fund.

That money is a combination of Sponsorships, donations, registrations, and our fundraisers.

Thank you to Tri-Coastal Design – They have been with us from the beginning and have donated a total of \$22,500!

We HAPPILY welcome the return of

Verona Take Down Club

Regal Bank

St. Barnabas Health

The Solana of Roseland

Fox Rothschild

Cloverleaf Tavern

Our food and drink are provided by:

Anthony & Sons

Pomptonian

Rockn' Joe

Shop Rite

Stop & Shop

I'd be lost without the technical support of Chris Gieger and Gieger Visual Communications.

Thank you to John Moss and Galvanic Printing for all of our printed materials.

Thank you to Bud Endress and Ben Rosenberg for donating their photography skills.

Thank you to the towns of Roseland and Essex Fells, particularly
Lieutenant Brian Maglio
Sergeant John Schmunk
Sergeant Scott Jones
and Officer Brogan

In addition, thank you to Tom from the DPW and Recreation
departments of Roseland, our CERT volunteers and Amateur Radio Club
from Roseland.

Our fundraisers are amazing and a huge part of our annual success. This
year our leaders are my sister, Suzanne Nelson (\$2,000+), Joanne Dowd
(\$1,000+) and Donna Muffieri (\$700+). As promised we have a prize of
\$150 to the Spa at the Hilton of Short Hills for raising the most money.
Suzanne lives DC and knows that the chances of her using this great
prize are minimal, so she generously has passed it on to our second
place fundraiser: Joanne Dowd! Congratulations!!!

I love that I know certain people SOLELY because of this race...it makes a crazy, crazy negative into something that places awesome people in my life. I have a "bunch of Buddey's" and Barbara's Angels. I even have those who Grapple for Alzheimer's.

Barbara –

I read over what I've said about you over the years and teared up.

I count myself beyond lucky.

Your role in this event and my life is immeasurable

Each year I balance between the truth and the tolerable. I hesitate to cover you in statistics, for they will not mean anything until the disease comes into your life...maybe a friend's mother, a grandparent, an aunt, a spouse... To better understand what I mean, the book or movie Still Alice unfortunately is an incredibly accurate illustration of what my family, and many of the families here, have been through. THAT is Alzheimer's. I've said before, it is not a key-losing disease.

To further explain what I mean: There is a race in Central Jersey that was created after seeing our success. The woman for whom that race was started passed away last week. Now. Most would view this with sadness. A loss. My first thought was – and I promise you this is true – how lucky is that family. How lucky was she. It is near impossible to understand if you have not lived it and most likely seems strange if not downright cruel to say something like that out loud. After watching for 15 years, it doesn't seem cruel to me. Remaining alive does.

We are not curing Alzheimer's with this event. We ARE raising money and awareness. THANK YOU from the bottom of my heart for being here.

I end as always:

Today, while you are out on the course, think of those you love. Remember those who may not remember you. Be inspired by your own ability to do whatever you deem important enough to do.

Have a great race and an enjoyable walk.