

RACE DAY SPEECH

THANK YOU. I should just stop there. ...for there is NOT A WAY for me to express the extent of my thanks. Thank you all for being here. Thank you for making a lifetime goal a reality. Thank you for making my family's suffering MEAN something. Thank you for taking a step to help stop this disease so that OTHERS may not have to endure the same suffering.

I can't wait for the race to begin, but first I am thrilled to have a list of people to thank. The towns of Roseland and Essex Fells...more specifically, Captain John Matheis of Roseland, Chief Vince Kulik and Sergeant Sean Allen of Essex Fells. Without the support of these men, we would not have a race.

Our Presenting Sponsor - TRI – COASTAL DESIGN. Your generosity helped make this day possible. We are grateful to you. We would like to thank the local corporate sponsorship of Whole Foods, Shop Rite, Manhattan Bagels, TD Bank, Rockn' Joe and Rothstein Kass.

Thank you to Ben Rosenberg for donating his time and efforts as our photographer.

The generous donations of Jen and Eric Kleppe, Scott and Jenn White, Kim Langham, Amy and Jeff Bucklew, Matt and Xinia Mastrangelo, The Sparzo Family, Kenneth and Debra Marcus. THANK YOU.

Today we are benefitting Cure Alzheimer's Fund. Choosing them was NOT an accident. Barbara and I immediately got a great feeling from them. Their ENTHUSIASM for what we were doing has been incredible. Their goal is realistic. PLEASE support them going forward.

On a more personal note...there are some who need specific mention. Please bear with me, for even if you do not know these people, without them you would still be sleeping this morning.

Chris Gieger and Gieger Visual Communications...our website, our logo...countless amount of time with Question after question...up to and including "What's my password again?" ALL DONATED. Without your expertise and vision, Running 4 Answers would not be what it is.

John and Libby Moss and Galvanic Printing...every printed item. All donated. It's hard to find a family who gives more than this one. Constantly afraid I was stepping over the line, John just kept saying, "Tell me what you need and I'll do it." Thank you.

Many of you have seen what this disease did to my Mom, what it did to my family and me from the beginning. Your love and support is endless and appreciated beyond what you know. I am blessed by your time and friendship.

Barbara and I would like to thank our families. Our girls – Isabella, Kate, Julia and Lauren...we hope that you have learned the importance of giving of yourselves and what incredible rewards it can provide...and also that sometimes moms get so wrapped in "the race" that they forget to cook dinner.... Paul and Brett, our husbands, thank you for supporting us text after text, phone call after phone call, meeting after meeting...we promise to start cooking on a regular basis again...soon.

I have one last, incredibly important, thank you. My co-founder...co-director. While in the back of my mind for years, mentioning the idea for this race when I did was not planned. I asked and Barbara said, "SURE, I'll help out." Looking back "helping out" seems kinda vague.

Barbara, this race would not be half of what it is without you. THANK YOU – from the bottom of my heart – for all that you have done. Your experience, your insight, your intelligence.

Lacking the presence of the most important woman in my life, I try to surround myself with strong women. They inspire and motivate me. You are one of them.

Runners and Walkers: Today, while you run, think of those you love. If you have them, remember those who don't remember you. Lastly, be inspired by your own ability to do whatever you deem important enough to accomplish.

At this time, I am honored to introduce a special guest and esteemed Roseland resident, NJ Governor Richard Codey.

Before we begin, a couple of announcements and details about the course:

The walkers' course is marked by YELLOW arrows.

The runners' course is marked by REDISH/PINKISH arrows.

RUNNERS:

The roads in EF are CLOSED. Once you cross Eagle Rock, where the police officers are, those roads are not. It is a private development, so very few cars should be on those roads. In addition, EVERYONE has been notified, but we want you to be aware.

There are water stations right after mile 1 and at the end of mile 2.

The first mile is TOUGH...I promise you it gets easier...for you first time runners, take it SLOW. The END of the first mile is the hardest part. As my Mom used to say...."This too shall pass"

There is another tough hill before at the end of mile 2, but once you get done with that one, it is FLAT and downhill the WHOLE second half.

Right around that same spot, the winter was tough on those roads. Please use caution.

We will have an awards ceremony at or before 10 for first place male/female finishers and first place in age brackets.

OKAY...we are ready to begin.

Runners, get set.....GO!