



P.O. Box 768
Huntington, NY 11743
www.CiC16.org

"No child in the fight for life or health should ever have to go through it alone."

**Long Island Marathon (Half + 10K)
Sunday, May 2, 2010 at 8 a.m.**

On behalf of all the kids who benefit from the Companions in Courage Foundation (www.CiC16.org), we want to thank you for making the commitment to run with us on May 2nd to help raise funds and awareness for sick kids in hospitals. There is never an event that has more meaning than when you do it for a cause. Please encourage friends and family to support your efforts by making a donation for this wonderful cause at www.active.com/donate/LIMarathon10.

It is inspirational to have 60-70 fellow runners wearing the CiC Foundation "colors" and providing encouragement and enthusiasm throughout the day. We begin our day at the CiC Foundation tent located just past the Finish Line inside Eisenhower Park. Food, beverage and encouragement abound as we all prep for our race. You can leave your change of clothes and any valuables at the tent as our volunteers maintain the site throughout the run. I'll gather all "companions" for an inspirational pre-race pep talk and then we walk to the Start Line for a morning you will never forget!

To make things work as smoothly as possible on race day, please follow these simple steps:

1. Register before April 16th at <http://www.thelimarathon.com/index.php?t=races>
2. Contact Bill Isenberg (billisenberg@msn.com) with your confirmation number.
3. Bill will pick up all race numbers and registration packets for CiC runners at the Expo.
4. Meet before 7 a.m. on race day at the CiC tent in Eisenhower Park, just past the Finish Line.
5. P/u your "Courage" shirt, pin on your race number and slide your race chip on your laces.

The CiC Foundation builds interactive game rooms in children's hospitals and distributes mobile XBox kiosks to patient's bedsides. Thanks to the generosity of "companions" like you, more than 40,000 children per year (many right here in our area) benefit from the foundation's work.

Attached is a sample letter that we hope you'll customize and send to family, friends and business associates to support our cause. I encourage you to visit our website for more info on what we do and photos from last year's race! Thanks for the commitment and I'll see you at the Start Line!

Yours in courage,

Pat LaFontaine
President
Companions in Courage Foundation



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I'm running in the Long Island Marathon And I need your help!

You read that right!

I've dusted off my running shoes and training for an experience that I'll never forget.

On Tuesday, May 2nd I'll be joining Hall of Fame hockey player Pat LaFontaine and his "Companions in Courage" as we run the Long Island Marathon (Half or 10K). Pat's foundation (www.CiC16.org) specializes in connecting hospitalized children to the outside world. Last year, more than 40,000 hospitalized children visited one of their "Lion's Den" game rooms or played with one of the mobile Xbox kiosks they delivered to patient's bedsides.

On a recent Lion's Den Room visit, Dr. Mehmet Oz said, "When kids get sick, we have to remember that they're still kids. They still want to have fun doing the same things they did when healthy... How better to do that, than in a safe environment where they can play with other kids around the country who are facing similar challenges?"

Oz added, "By getting kids to understand that they don't have to be lonely or isolated when recovering from an illness we can address some of the stress-related disorders that we know hinder their ability to recover. It's that holistic approach to wellness that gets these kids better faster and keeps them out of hospitals."

There could be nothing more inspirational for me on race day than knowing that I have your support. Please consider visiting our web page at www.active.com/donate/LIMarathon10 and making a donation for this wonderful cause. By becoming a "companion" in "courage" we'll be helping LaFontaine continue this great mission and ensure that "no child in the fight for life or health should ever have to go through it alone."

Thank you!