

October 14, 2009

Dear Friends and Family:

Today is Jon's 63rd birthday, and we are proud to say that he's getting younger *and faster* every day. In fact, Jonny and his "child bride" Mo have been hitting the trails with Team In Training since August preparing to run the **Phoenix Roll 'N' Roll Marathon in January**.



Back in 2003 when we started this crazy adventure, we had the fitness and endurance of dedicated couch potatoes. We never suspected that marathon training would become an annual event for us. We did expect that our community of family and friends would rally and contribute to our cause, and you have. Seven seasons later, we continue to run, and you continue to give, and we are forever grateful for your generosity and for the opportunity to make this kind of difference.

We run for the Leukemia and Lymphoma Society year after year because:

- ➔ An estimated 912,938 Americans are living with, or are in remission from, leukemia, lymphoma or myeloma. Every 4 minutes someone is diagnosed with a blood cancer. **Every 10 minutes, one of them dies.**
- ➔ We have lost many loved ones to cancer including Jon's sister **Wendy Charles Acey**; our friends **Angela Morley, John Arrington, Jeanette Cissell, Debbie Berton, and Melanie Fastrup**; Jon's aunt and uncle **Audrey and Sibley Newman**; Mo's grandmothers **Elizabeth Raphael and Mary Scott**; Mo's uncle **Jim Flowers**; 7-year-old **Andrew Meyers** and 4-year-old **Jeffrey Virostek**; and even our dear cat, **Gert**.
- ➔ Far too many of our own friends and family members have recently battled cancer including **Jon's brother Michael**, his **cousin Mike**, and his **aunt Joan**; our friends **Debbie, Jim, Lois, Patti, Paula, Robin, Ralph, Scherr, Van and Virginia**; Jon's ex-wife **Ellen** and her husband **Allen**. Many are now cancer free; others are currently fighting for their lives.
- ➔ Since we started running, contributors to our fundraising efforts have sent us **over 100 names of cancer patients** whom you wish to honor — **names we carry with us every step of our 26.2 mile run.**

We figure that **if our friends and loved ones can go through chemotherapy and radiation, we can run 26.2 miles for them**. When we are out on the course and hit the wall – usually somewhere around miles 18 to 20 – we remember them and press on. We have crossed 6 half-marathon and 3 full-marathon finish lines in their honor.

We are asking you to press on in their honor too. We recognize that for most people, money is tighter than ever. We ask that you take extraordinary action and donate anyway. **Imagine how much harder it would be if you or your child were battling cancer in this recession.**



Cancer patients and their families need financial assistance, peer support, and most of all, effective therapies and treatments. Your donation will directly assist families with the shortfall.

The funds we raise also go toward research. **Our friend Virginia is alive today because she was part of a clinical study funded by LLS.** The study was for Gleevec, a drug that made her leukemia chronic rather than fatal. The money you donated saved Virginia's life. You have in fact saved thousands of lives.

Please continue to give generously — more than is comfortable. Whether that is \$5 or \$500, your tax-deductible contribution will make a difference. You can mail it in the enclosed envelope, or contribute online today at <http://pages.teamintraining.org/los/pfchang10/jcharles>.

If your company has a MATCHING GIFT PROGRAM, please include the appropriate form with your donation. **Be sure to include the name(s) of anyone whom you would like us to honor and we will carry them on marathon day.**

Thank you for your support and for donating to the Leukemia and Lymphoma Society.

We love you,

Jon and Mo Charles