

## **RUN WITH US**

### **USATF Foundation Program**

- You may be aware that the USATF Foundation is launching an ambitious program to connect professional track & field athletes in an inspiring way to kids across the nation...in a program we're calling RUN WITH US!. Check out our website to learn more about the program vision and ambitions.  
([Http://www.rwus-now.org](http://www.rwus-now.org))
- Ultimately we expect to match 100 or more athletes to hundreds of schools and communities.....with messages and drills re: exercise, nutrition, goal-setting....through visits, Skype sessions and video apps.....AND we will pay the athletes for their time and thus help fund training and living expenses for our athletes. We have successfully completed programs in Los Angeles, Colorado and Austin already....with 14 participating elite athletes (including Brianna Knight, Ginnie Crawford, Carmelita Jeter, Zoila Gomez & more).
- I'm reaching out to you because we're planning a program in San Francisco with the Sunset Neighborhood Beacon Center (<http://snbc.org/>). This amazing center works with hundreds of kids from the San Fran area. Kaitlin Gregg, elite distance runner, works at the Center and she is leading the effort to bring our program to these kids.
- We're gathering names of potential athletes to participate in this five week (one day a week) program which begins very soon (November 16th, with an orientation session on the 14th or 15th). The program will be from 2:15pm to 4:45pm on 11/16, 11/26, 12/3, 12/10 & 12/17.
- We have "full program" spots for two athletes....each of whom will be paid \$1000. We have also designated 12/3 as "Olympian Day" and invite the Olympians among you to join us that single day (even if you can't participate in the entire program).
- I'm confident that this will be a fun and fulfilling experience for the participating athletes.
- Please signal your potential interest to me at [runjackw@gmail.com](mailto:runjackw@gmail.com) or send in this simple online form:  
<http://app.perfectforms.com/player.htm?f=jWWWhAgAG>

We will quickly provide more details to the selected athletes. I'm happy to talk to any of you and respond to questions.

Thank you! - - - Jack Wickens (434-249-4834)