



The Courage To Speak Foundation, Inc.

“Saving Lives by Empowering Youth to be Drug Free”

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June 10, 2007

Dear Friend:

You are invited to join us as a friend or benefactor of the ninth **Annual Ian James Eaccarino Memorial 9-Mile Race**. It will be held on **Saturday, July 28, starting at 8:00am, at Calf Pasture Beach in Norwalk**. The race is sponsored by The Lightfoot Running Club, the Parks and Recreation Department of Norwalk, Cook Print of Norwalk, and, we hope, you.

Larry and I have been members of Lightfoot Running Club for over 25 years and are co-founders of The Courage to Speak Foundation. The club suggested this race be dedicated in Ian's memory because he worked at Calf Pasture beach the summer before he died. Ian personally planted many of the trees that now line our beautiful beach.

Last year, over 150 runners participated in this extraordinary community race. Jim Buchanan was first place winner with a time of 52.55. As Jim approached the finish line, he was in awe that he was accomplishing a goal which eluded him for the past seven years, something he had always wished for Ian, namely, to win the race for him. A plaque was given to **Jay LeBlanc**, age 20, with a time of 1:05:54 as the youngest participant in the race to underscore the importance of passion, commitment, and a healthy drug-free lifestyle.

Your donation for the race in support of The Courage to Speak Foundation will raise awareness of the dangers of drugs in our schools, workplaces, and communities. You empower youth to be drug free. You encourage parents to communicate the dangers of substance use to their children. You may save a life in the process.

Let me share my story and why I remain committed to the race and our cause. A little over 10 years ago, I was a new member of the Norwalk Chamber of Commerce, a commissioner on the Norwalk Planning Commission, a wife, and a mother of two children. My son, Ian, graduated from Norwalk High School and began college. In February of 1996, Ian called asking us for help. He had become addicted to drugs and couldn't stop. We brought him home to get help and we believed it was working. He had his whole life ahead of him.

In September, 1996, Ian enrolled at UCONN, near our home, and on Tuesday, September 10, he died of a drug overdose. Our lives changed forever. Addiction does not discriminate. It doesn't matter who you are, it doesn't matter what race you are, how financially sound you are, or if you have a family who loves you dearly. Sadly, it can happen to anyone.

After Ian's death, his former principal, Dewey Amos at Norwalk High School and my priest from St. Thomas Church, asked me to speak to children and parents in the community about what had happened to us and how simply Ian's life could have been saved. Since then, we have presented our story to over a half a million people across the country and have been recognized on a national level for our work. We have developed elementary, middle, and high school curricula that are helping children in our Norwalk schools. This fall we will implement the new, Courageous Parenting Program.

Now, we hope you will support the cause and help us save a child, save a family, and build a more healthful community. Please support the race as a Friend (\$100), Bronze Sponsor (\$250), Silver Sponsor (\$500), Gold Sponsor (\$1,000), or Platinum Sponsor (\$2,500), or what ever you can.

Together we can make a difference in the lives of our children. Thank you.

Sincerely yours,

Ginger Katz