



Speaking Out By Moving: Courage to Speak Holds Run/Walk

The 12th Annual Ian James Eaccarino Memorial 9-Mile Race and 5K Health Walk run by the Courage to Speak Foundation will take place on Saturday, July 24, 2010 starting at 8:00 am at Calf Pasture Beach in Norwalk. Ian worked at Calf Pasture Beach the summer before he died and the race is dedicated to his memory. Last year, over 450 runners participated in this extraordinary community event that underscores the importance of passion, commitment and a healthy drug-free lifestyle.

The Lightfoot Running Club, WSTC 1400/WNLK 1350, Norwalk Recreation and Parks Department, Booth Financial Associates, Stew Leonard's, Hannes Precision Industry, William & Sandra Bennett, Tuff Lawn Lawn Service, Costco Wholesale (Conn. Ave), Sandra Billings and The Kowal Family. The Courage to Speak Foundation has developed drug prevention education curriculum for elementary, middle and high schools which are taught in our Norwalk Schools and beyond, and *Courage to Speak – Courageous Parenting 101™* a free course that educates parents on how to keep their children safe from drugs. Proceeds will help continue these drug prevention education programs in our schools, workplaces and communities.

The Courage to Speak Foundation organization was founded in 1996 by Ginger and Larry Katz, members of the Norwalk Chamber of Commerce, and is devoted to fulfilling a promise Ginger made to her son, Ian who died when he was just 20 years old of an accidental drug overdose – to do everything in her power to prevent this tragedy from happening to another family.

The race entry fee is \$7. For information about sponsoring the race, running in the race or volunteering, e-mail gkatz@couragetospeak.org or call Ginger Katz at 1-877-431-3295 or visit www.couragetospeak.org

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