
NEWS FROM....

The Courage to Speak® Foundation

FOR IMMEDIATE RELEASE

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Running Toward a Healthy Lifestyle
The Courage to Speak Foundation Announces
24th Annual Ian James Eaccarino Memorial 9-Mile Race
Sunday, August 7th, 2022, at 8:00 AM at Calf Pasture Beach in Norwalk, CT

Ginger Katz, CEO and Founder of the Courage to Speak® Foundation, announces the 24th Annual Ian James Eaccarino Memorial 9-Mile Race, which will take place on **Sunday, August 7th at 8:00 AM** at Calf Pasture Beach in Norwalk, Connecticut and is promoted by the Lightfoot Running Club. **Norwalk's Mayor Harry Rilling, accompanied by his wife, Mrs. Rilling, will show their continued support of the mission of the Courage to Speak® Foundation by addressing the runners before the race.**

Ginger and her husband, Larry, have been members of the Lightfoot Running Club for over 40 years and are co-founders of The Courage to Speak® Foundation. The race is dedicated to Ian Eaccarino, their son, who passed away after an heroin and prescription drug overdose. The 9-Mile Race is dedicated to Ian's memory, as he worked at the beach the summer before he died and personally planted many of the trees that align the beach.

The 24th Annual Ian James Eaccarino Memorial 9-Mile Race will be on Sunday, August 7th, 2022 at Calf Pasture Beach. Register through the Lightfoot Running Club website to be a runner for this race, <http://www.lightfootrunners.com/>. In previous years, we have had 175 runners participate in this extraordinary community race. This demonstrates the commitment to a healthy drug-free lifestyle – the essence of our message to young people.

We are asking that if you would like to be a volunteer for the race, please give us a call at our office at 203-831-9700 or email at gkatz@couragetospeak.org. In addition, volunteers should arrive at the race location by 7:15 am to help set up and prepare for the event to start at 8 am.

So far our sponsors for the race include: The Lightfoot Running Club, Norwalk Park & Recreational Department and GWAY Print. Please consider becoming a sponsor: Platinum Sponsor (\$2,500), Gold Sponsor (\$1,000), Silver Sponsor (\$500), Bronze Sponsor (\$250) and Friend of the Race (\$100).

The Courage to Speak® Foundation is a private non-profit 501(c)(3) organization founded in 1996 whose mission is to save lives by empowering youth to be drug free and parents to communicate effectively with their children about the dangers of drugs. Over the past 25 years, Ginger and Larry together have presented Ian's story to hundreds of thousands of people across the country and have been recognized on a state and national level for their work. For information about sponsoring the race, running in the race and volunteering, please email Ginger Katz at gkatz@couragetospeak.org or visit www.couragetospeak.org.

About The Courage to Speak® Foundation:

The Courage To Speak Foundation Inc. is a nonprofit organization based in Norwalk, CT, whose mission is "to save lives by empowering youth to be drug free through fostering education and open communication about the dangers of drugs." Ginger and Larry Katz founded the organization in 1996, just months after their 20-year-old son Ian James Eaccarino died of a drug overdose. They pledged that they would do all they could to help prevent such a tragedy from befalling another family. Since then, Ms. Katz has given nearly 1000 presentations reaching hundreds of thousands of individuals – young people and the adults who care about them. The Courage to Speak Foundation developed drug prevention programs for elementary, middle and high school students as well as parents through Courage to Speak – Courageous Parenting 101®. Ms. Katz also has authored a new book called *Sunny's Story*. A book for children of all ages; parents, grandparents, teachers, and others. www.couragetospeak.org

About the Lightfoot Running Club:

The Lightfoot Running Club is a Connecticut organization for runners that hosts and participates in races in several counties in Connecticut. They are committed to raising the bar of competition to reveal the true generosity of the human spirit. www.lightfootrunners.com

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