

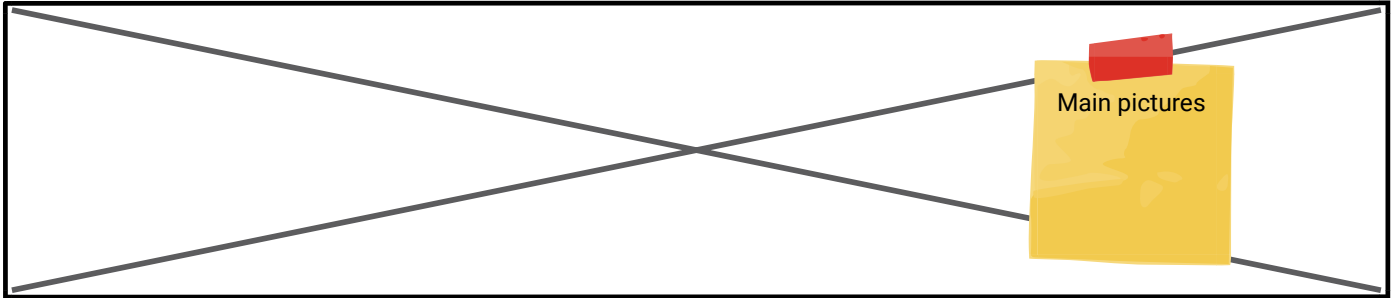


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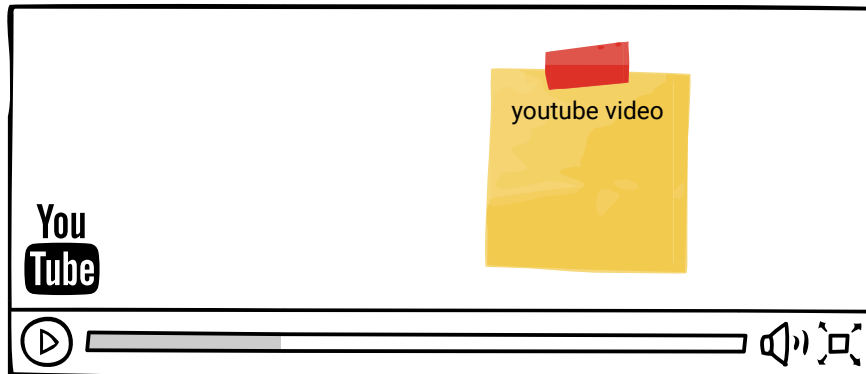
Charity running

"Charity running is a major economic force," said USATF CEO Craig Masback, announcing the new awards at the Boston Marathon in April. "In it Americans promote fitness as well as charitable giving. It transforms a sport that is individual in nature into a phenomenon with a wide-reaching, positive effect on society."



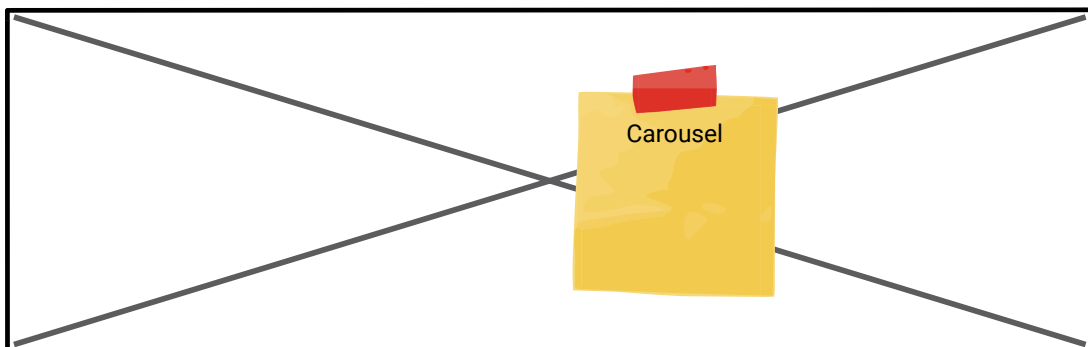
Running From the Heart

"This fell in our lap," says Sue Shay of Fred's Team, which raises funds for the Memorial Sloan-Kettering Cancer Center, referring to the individuals who began in the early 1990s to dedicate their runs and raise funds for cancer research in honor of New York City Marathon founder Fred Lebow.



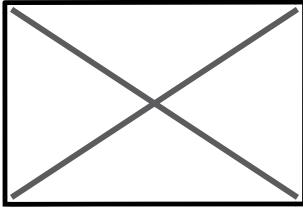
8 Tips for Running a Race for a Charity

1. Pick a charity you can really get behind.
2. Find out ways to contribute.
3. Recruit a buddy.
4. Set small, achievable milestones.
5. Get the word out.
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7. Don't forget about your employer.
8. It's all about community and remembering to have fun.



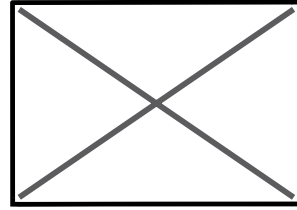
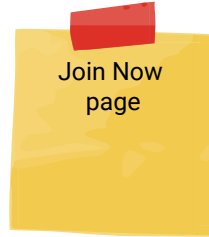


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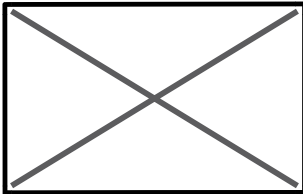
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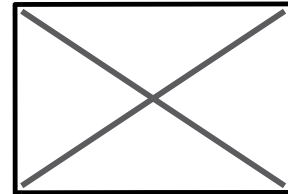
The Running Charity

Harnessing the benefits of running & fitness, we help to transform the lives of young people experiencing homelessness.

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Sport for charity

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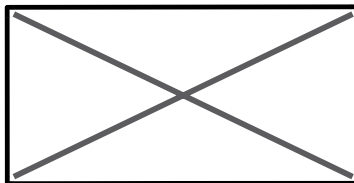
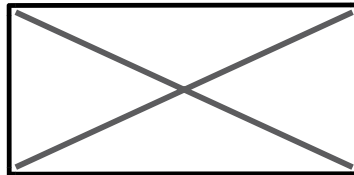
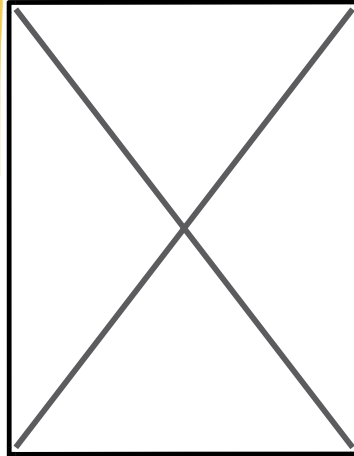
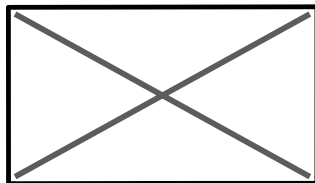
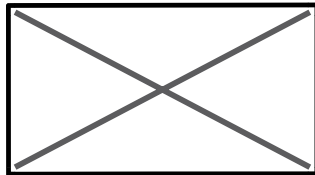
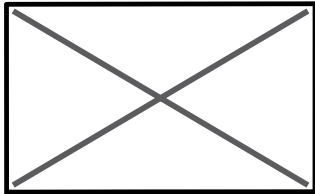
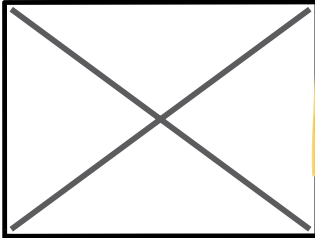
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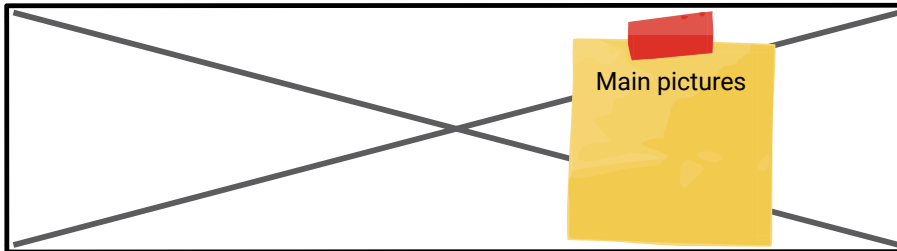
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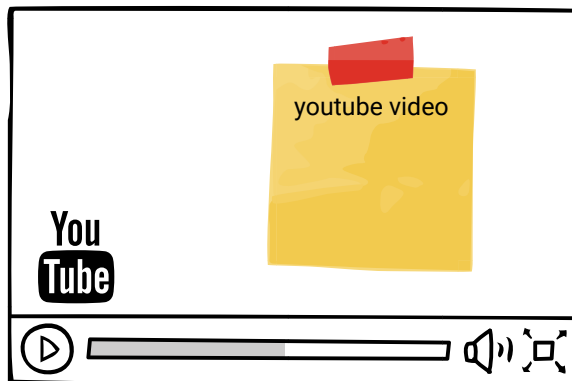
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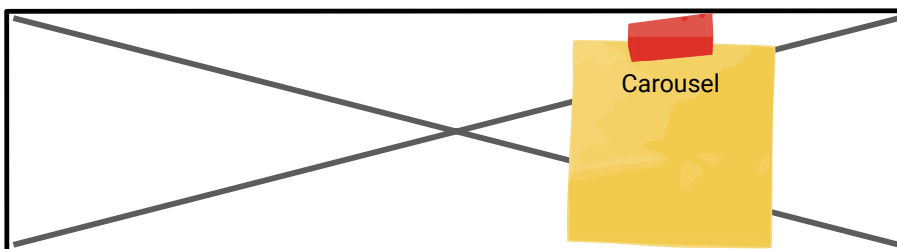
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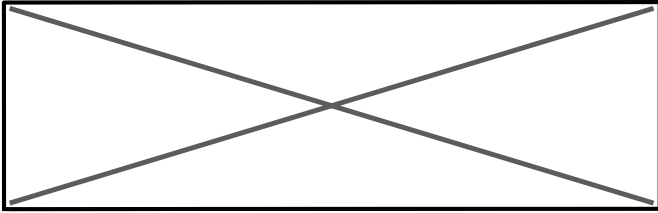


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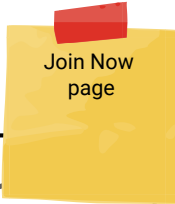


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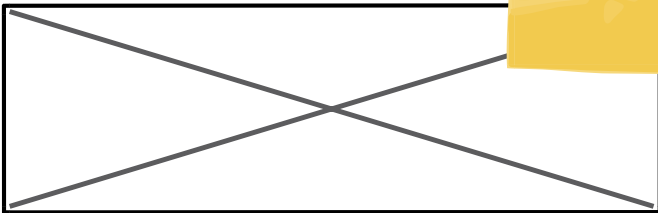


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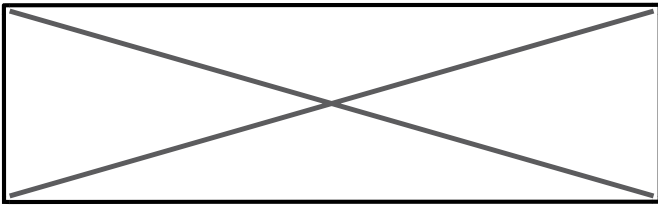
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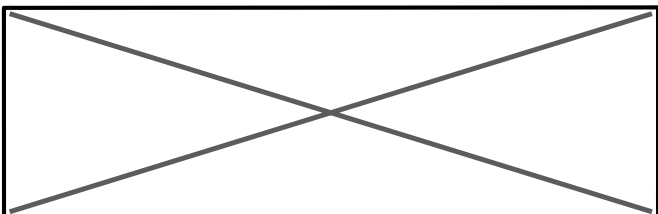
The Running Charity

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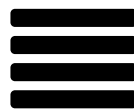
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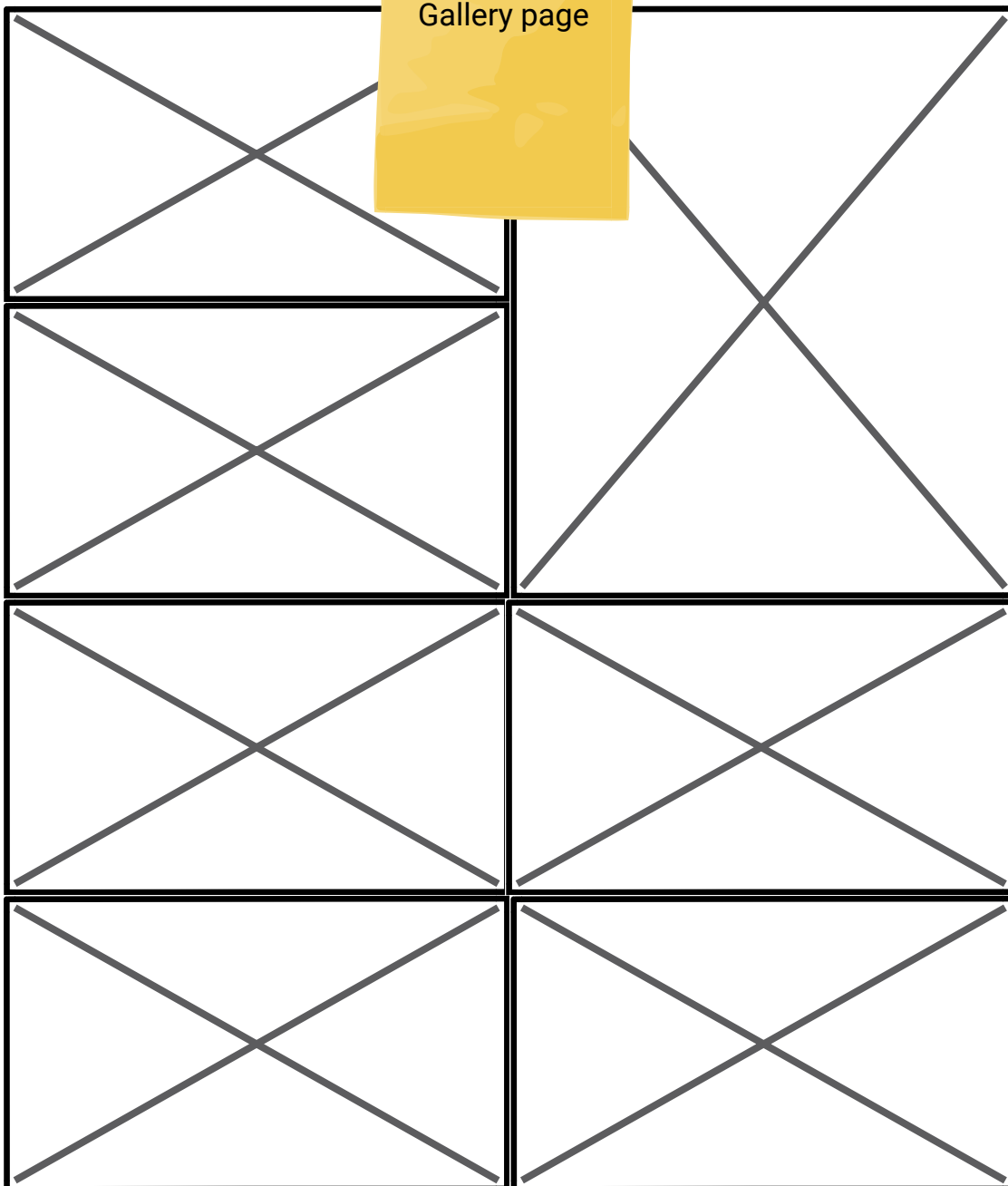
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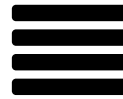


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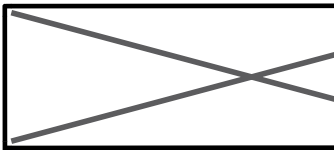
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21:56

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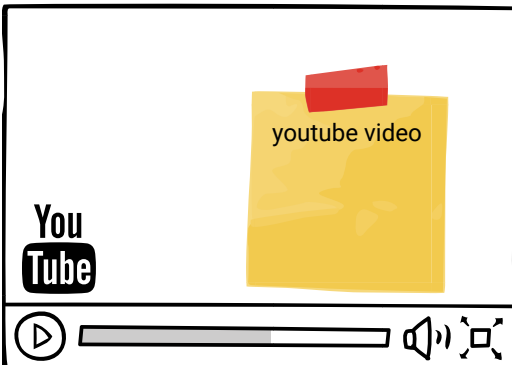


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Running From the

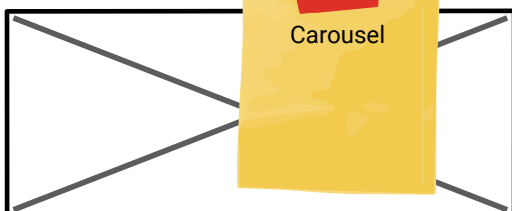
Heart

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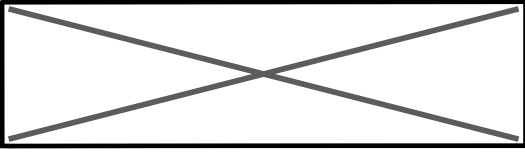
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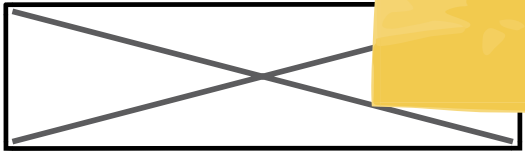
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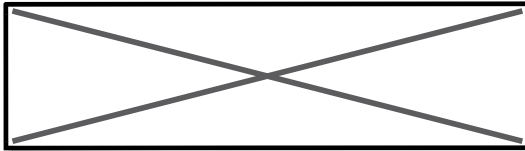
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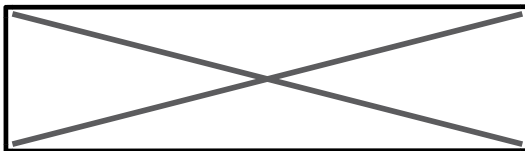
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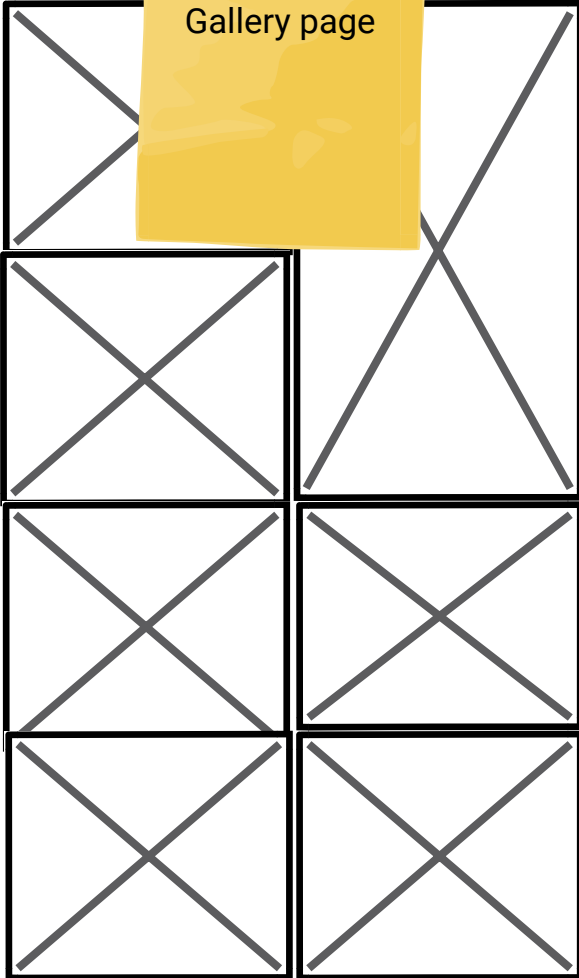
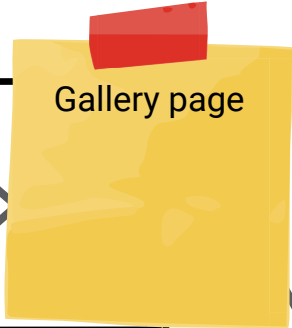
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