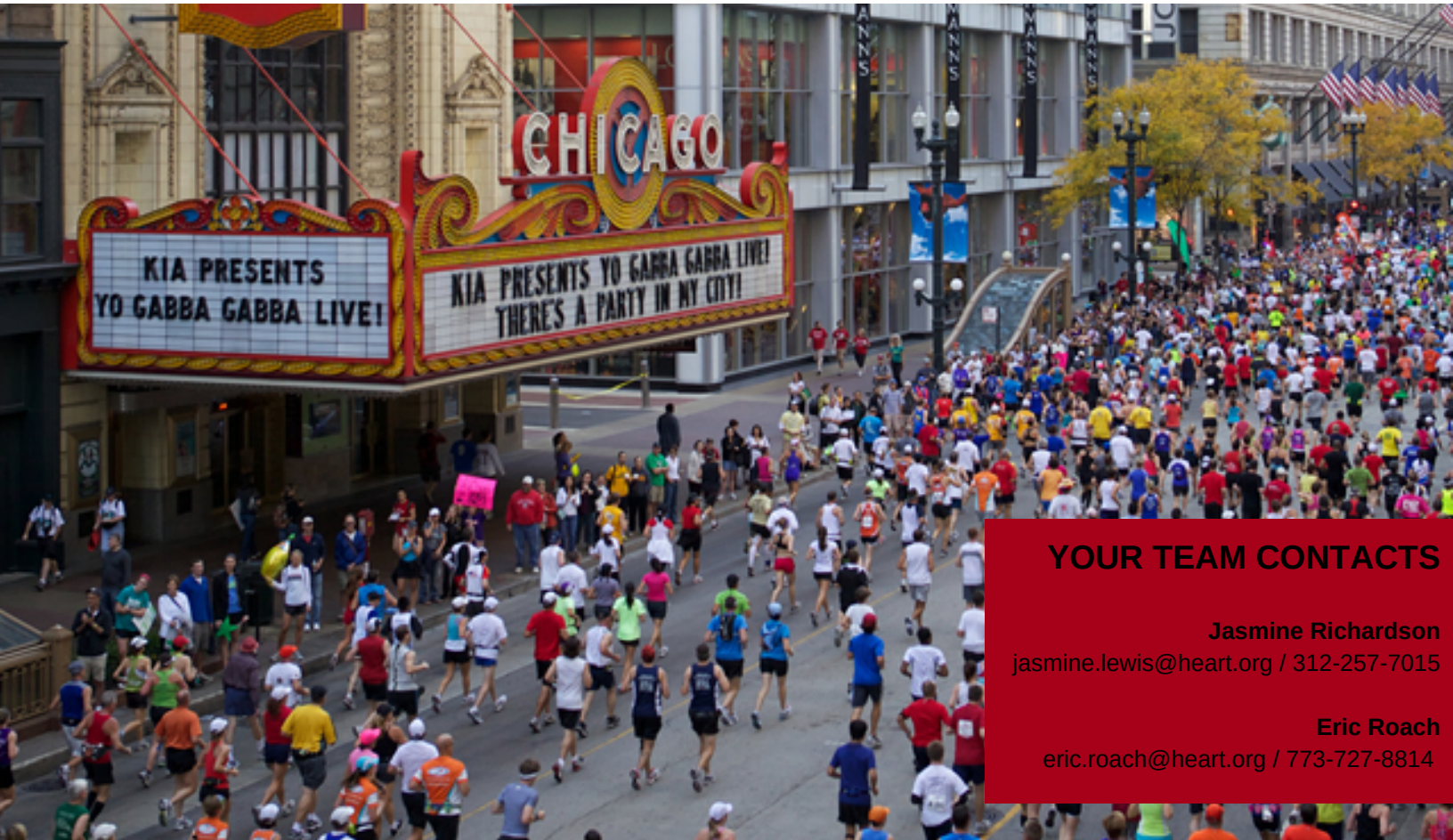


RUN WITH HEART

American Heart Association's
Chicago Marathon Team Newsletter



YOUR TEAM CONTACTS

Jasmine Richardson
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**DEDICATION.
RELENTLESS.
GRATEFUL.**

We can't do this without you!

Welcome Runners, to the American Heart Association's Run with Heart team! We are thrilled to have you join us this year! We can't thank you enough for your patience & dedication. This past year was truly unprecedented but thrilling to have the Chicago Marathon back, and you found it in your heart to join us for 2022!

We have your commitment, now it's time to get to work. Raising awareness has never been more urgent. As some of you may know, 1 in 3 Americans will lose their life to cardiovascular disease, but losing even one is too many. That's our mothers, our fathers, our sisters, our brothers, our friends and some of us. So the time is now! Reflect on your WHY. Run for your WHY.

We'd love to put the spotlight on you! For future newsletter we'd love to share your WHY. Please send over your story & a photo to Jasmine.

MARATHON TEAM UPDATE!

It's officially training season! I hope that everyone has taken advantage of the free, virtual training that CES has to offer. For those of you in Chicago doing the in-person training, post your pics on our Facebook page to share with the team! We'd love to see you out there & root for you!

FUN-DRAISING!

So far, our team has fundraised over \$110,000!!! We're over halfway to our goal of \$200,000. Thank you for all of your hard work & dedication, you truly showed up & showed out!

If you have not registered your fundraising page yet, please reach out to me so that we can get you set up. Each month, I will be giving you all a fundraising goal in hopes to reach our \$200,000 goal for the year. I will also include tips on how we can reach that goal!

JULY FUNDRAISING GOAL = \$10,000!!!

FACEBOOK FUNDRAISER

To set up a Facebook Fundraiser, you MUST go through our website for it to count back to your fundraising page!

1. Log onto www.runwithheartchicago.org
2. Click My Participant Center
3. Scroll to the blue box that says "Raise more money with Facebook"
4. Click button "Fundraise on Facebook"
5. Invite your friends & family to donate!

CASH/CHECK DONATIONS

You can accept cash or check for your fundraising! If you accept cash, we ask that you DO NOT mail. Instead, you can make a card donation in that cash amount & put the donors' name in the Recognition Name field, or you can write a check for that amount & send to our office.

To send in checks:

1. Make the check payable to American Heart Association
2. In memo line, put your NAME & AHA MARATHON TEAM
3. Send to our office with a note in the envelope that says your:
 - a. NAME
 - b. EMAIL
 - c. FOR AHA MARATHON TEAM
4. Email Jasmine (jasmine.lewis@heart.org) that you've sent the check. Please include the donor's name & the amount donated.

MAILING ADDRESS:

American Heart Association
Attn: Eric Roach
300 S Riverside Plaza, Suite 1200
Chicago, IL 60606



HAPPY FOURTH OF JULY!



As we celebrate America's Birthday the only way we know how, eating & drinking entirely too much, let's be mindful to be healthy while doing it. Be sure to make healthy eating choices, stay hydrated & be sure to wear your sunscreen!

Share pictures on our Facebook page to show how you will be celebrating this year!



TOP FUNDRAISERS

1. Jennifer Fortuna - \$6,242
2. Abby Spurlin - \$4,905
3. Jarod Stuyvesant - \$4,766



Join our Run with Heart Chicago Facebook Group & meet your fellow runners!

facebook.com/groups/runwithheartchi



HEART HERO ALERT!

Over the next few months leading up to the Chicago Marathon, we will be highlighting three of our very own as our Heart Heroes of the month. We appreciate your drive & dedication in fundraising critical, lifesaving funds for the American Heart/Stroke Association. This month's Heart Heroes are Allison Budd, Jim Tucker & Channing Muller. Take a look at their stories & show them some love!

If you're interested in being featured in our Heart Hero column, send me your story & a photo of yourself.



"My little brother Andrew "Andy" Budd (pictured) passed at age 31 due to an undiagnosed heart condition. I'm running the marathon in honor of him and everyone else who has lost someone too young. Andy was known for his jokes and kindness to people from all walks of life. He could often be found with a dog by his side. In 2009 he cheered me on from the sidelines as I ran the Chicago Marathon for the first time and I know that this time he'll be cheering me on from heaven. While I miss him terribly, I'm incredibly grateful to have him as guardian angel for my girls ♥ I'm also running for my two young daughters who my husband and I work hard to model an active lifestyle for. Pic of my brother and I attached!"

*With Heart,
Allison Budd*

HEART HERO ALERT!



"In May of 2020, I stepped on the scale and noticed the highest weight I have ever registered and decided to work on getting in shape. My dad, Jeff, and niece Adalynn have both had heart issues as well. My dad has had two open-heart surgeries, while my niece had surgery on her heart shortly after birth. With heart issues running in our family, I decided to start running on my own to improve my cardiovascular health and lose weight along the way. I lost 70 pounds over that time, ran the Chicago Marathon in 2021, and am looking to PR this year too! I've run two marathons, 2 half marathons, and have a 50-mile trail race in Lake Tahoe on July 16th. I wear a Cubs hat every time I run with "Mom & Dad" written on the inside. Both of my parents are now disabled so I'm so fortunate that I can run because they can't! I run with heart for my dad and niece and to inspire others to set goals and achieve them!"

*With Heart,
Jim Tucker*



HEART HERO ALERT!



"I am not the traditional face of heart disease, yet here I am. On December 10, 2011, I woke up and as my heart raced and my breathing became irregular, I knew something was truly wrong. After 45 minutes of a racing heart, multiple EKGs, and two rounds of blood work, the doctors had a diagnosis: I had experienced a heart attack....at age 26. One month later—the day I had planned to start cardiac rehab—I got that racing heart feeling again. Thankfully, my medication kept my heart rate under control, so while I did indeed experience a second heart attack, it was not as painful as the first one.

Nearly 11 years later, I proudly identify as a 2x heart attack survivor, half marathoner (10 times over) and 2x marathoner. I am also a proud advocate and board member for the American Heart Association and Go Red for Women to spread awareness about the changing face of heart disease."

*With Heart,
Channing Muller, AHA Board Member & Heart Attack Survivor*

