



## Join the 2011 Blue Cross Blue Shield Broad Street Run BOMF FundRacing Team

What better way to start your New Year then by becoming a member of the 2011 Blue Cross Blue Shield Broad Street Run BOMF FundRacingTeam! With 5 months to train and prepare, not only will you get in shape but you will also help others to cross the finish line on May 1st as well!

Last year, Back on My Feet had 50 members running the Blue Cross Blue Shield Broad Street Run as well as 150 FundRacers! These individuals trained each Saturday with the team and raised over \$60,000 for each mile they ran for BOMF which amounted to moving more than 33 members forward! Hear what BOMF member, Kenny, had to say in thanks to all of the 2010 FundRacers [HERE!](#)



*"Broad Street was the first and, to date, only run I've participated in. I had joined BOMF only a few months prior to the race and had no experience running before that. It is no exaggeration that I could not and would not have run Broad Street without BOMF. My teammates gave me the strength and courage to do it. Crossing the finish line was one of the most exhilarating moments of my life. I absolutely look forward to running it again this year and have my sights on even longer runs. I consider myself a true runner now. That is all because of Back on My Feet." - Krista Pfeiffer, BCBSR FundRacer 2010*

**Join as an individual or get your company involved as a team! Any questions? Email Cathryn at [Cathryn@backonmyfeet.org](mailto:Cathryn@backonmyfeet.org) to register or find out more information.**

4th Annual Stroehmann Back on My Feet 20in24

It may be cold outside but Back on My Feet is already feeling the sizzling July heat of the [4th Annual Stroehmann Back on My Feet 20in24!](#) Runners are already talking about how far they have to come, what their training is like, and how many miles they need to do to beat last year's Lone Ranger winners, [Serge Arbona and Sabrina Moran](#).



Still want your chance at battling the 24-hour run as a Lone Ranger? The Lone Ranger category may be **SOLD OUT** but there are still [charity spots available!](#) Register now and raise money for Back on My Feet while accomplishing your highest mileage yet! Click [HERE](#) to register.

If you don't want to brave the heat in the hot July sun, consider the running [Midnight Madness](#) or [Pajama Loop](#) as the evening cools off! You don't need to worry about being the fastest runner to win a prize. The 'most illuminated' and 'best dressed' individuals will also go home winners!

### [Keep up with 20in24 on Facebook](#)

#### Meet our January Member of the Month



Meet the January Member of the Month, Dorris! Dorris has proven herself a star on the Sheila Dennis team as well as an extremely dedicated and motivated team member! Along with reaching 85 miles, Dorris

has won herself recognition in the magazine *This Mom Can Run*. She has inspired her team and the entire BOMF community with her desire to finish all that she starts! Read more about Dorris [HERE](#)

#### MLK Day of Service

In light of MLK day, Back on My Feet went out to show support to the Philadelphia community by holding a coat drive at the Gerard College MLK Day of



Service. BOMF members and volunteers came out to help collect, count and sort coats that will be donated to shelters in the Philadelphia area. The day was a success with over 300 coats collected! A special thank you to those who came out to help or donate and to [Enterprise Rent-A-Car](#) for holding a coat drive which many employees generously participated in! Check out our [blog](#) to read more about our MLK Day of Service!

#### Wear Your Sneakers to Work

Can't get enough of your sneakers after all of your 2010 memories? Get your company involved in the Back on

My Feet **2011 Sneaker Day on June 17th** as a part of the two week \$100,000 Birthday Campaign! To find out more information email Cathryn at [Cathryn@backonmyfeet.org](mailto:Cathryn@backonmyfeet.org) and to find out companies that have supported Back on My Feet through the years, click [HERE](#).

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