

## Save-the-Date for our Bash!

It's that time of year when we pull out our shiniest, flashiest or sometimes, smelliest sneakers for a night of celebration with our closest friends and dedicated supporters! THAT'S RIGHT- mark your calendars for our **5th Annual Bash presented by Stroehmann Bakeries on Nov. 2nd** at the Philadelphia Marriott Downtown. Tickets will go on sale on **August 16th!**

Don't forget that any [\\$2,500 raised for Back on My Feet](#) earns you a free entrance to this memorable event!



## On the 'Fast Track' to a Lone Ranger Finish



Back on My Feet had a chance to sit down with first-year [20in24 Lone Ranger](#) and President of the [Fast Tracks Running Club](#), Andi Lieberman. After joining the club in 2003, Andi was

warmly welcomed by the 200-300 Fast Tracks runners that led her to her first IBC Broad Street Run finish. Similar to the BoMF culture, Andi says, "I was just drawn in...they were friendly and welcoming of all runners and all abilities."

This year, Andi will be joined by fellow teammates in all [20in24 running categories](#). She will be far from alone with 12 other Fast Tracks' Lone Rangers and over 14 members running in other categories throughout the 24-hour period.

In true BoMF spirit, Andi advises, "it's not about speed, it's about moving forward...one step at a time."

To learn more about Fast Tracks Running Club visit

## What comes first? The Chicken, the Egg, or the Fishtown Beer Runners

All in good fun, the [Fishtown Beer Runners](#) are taking on the [4th Annual Stroehmann Back on My Feet 20in24](#) for the second time in hopes of simply showcasing their positive spirits, light-hearted training approach and ever-flowing generosity.

In true Beer Runner fashion, this running group has traveled 30-50 deep for weekly runs or events like the Chicken Run (see the Farmer, Egg and Chicken below). With teammate Donna Searer's recruiting for the [Midnight and Pajama run](#) and Leonard DeProspero and Anthony LoCicero faithfully tackling the [Relay Challenge](#) as FundRacers, it is no wonder that the group looks forward to the camaraderie that the 20in24 race inspires.

As the Fishtown Beer Runners venture into the community, raising funds for our program, they remain mindful of the members who they are working to support. Their advice: Keep one foot in front of the other and make running a lifetime sport.

To find out more about the Fishtown Beer Runners, visit their [blog](#).

the website [here](#).



## Introducing: The Sprinkle Sprinters

So what is your guilty post-race pleasure? Some may welcome a celebratory, calorie-packed meal after running 24 hours around the Schuylkill River mid-July. Others look at their caloric intake as preparation for what is to come at the [4th Annual Stroehmann Back on My Feet 20in24](#).

From Twix to Spicy Chocolate to Key Lime, this running trio has now clocked four cupcake runs around the Philadelphia area in preparation for the 20in24 Lone Ranger. You may be asking yourself, "why cupcakes?" Well, as Juliane Holz, BoMF non-res explains, "a cupcake has the same calorie count as GU and I can use the extra mileage to run to cupcake places." Enough said.

In fact, cupcakes have proven to be a great way to get in training miles for this team! "We have been stacking out cupcake places in the city, run there, eat a cupcake and run back home. Volia! 15 miles done," says Jule.

Intrigued? Visit their [blog](#) to vote on which runs they should tackle on their cupcake adventure as they get ready for 20in24!

