



Marilyn and Joel

It's about training smart! It's about team camaraderie!! It's about making a difference!!!

Dear Friends,

I hope that this email finds you ready to enjoy the summer ahead. Where does the time go? Like all of you the past year has been incredibly busy. I would like to introduce you to a wonderful new program called Miles that Matter. I am so excited about this and want to make sure you don't miss out on this amazing opportunity!

Miles that Matter is about change, personal goal setting and challenges and most importantly it's about making a difference in your own life and in other peoples' lives!



Miles that Matter is a program that enables you to get fit while doing something for charity without the additional stress of a minimum fundraising goal. It's a program for everyone!

Miles that Matter is excited to invite you along and encourage you to **"pay it forward"** by helping us raise funds in honor of some very special people and worthwhile causes in our community. This is a journey that you won't want to miss.

Everyone needs to do something like the Miles That Matter program. Everyone needs to dream. Setting a goal and going after that goal allows us the privilege to dream. This program will allow you to have fun everyday and not lose that child like wonder that exists in all of us. We promise you will meet a lot of wonderful people who will be loyal to you and you to them. Together we will help each other and many more. And we guarantee there will be many lessons learned for all of us.

We hope you will come join us. We hope you will help make this program be all that it can be! Below are details on how you can get or stay fit and be part of the **2008 Fall Miles That Matter Dream Team. You can and should do this! For yourself and for others!**

Be well, see you on the roads

Cosgrove

Founder Miles That Matter
www.milesthatmatter.com

Karen Cosgrove

Karen

"Each day is a gift and what you do with the day is your gift back"



benefiting



Have a goal? Dreaming of better health and fitness?
Come walk or run a 5k, 10k, relay, Half-Marathon or Marathon.
No matter what your age, fitness level, or time constraints
Miles That Matter has a program for you.

Take a Look at our Fall Program

Train for the Fleet Feet Lady Distance Classic,
United States Air Force 5K, 10K, Half Marathon & Marathon
Nationwide Better Health Columbus Marathon & Half Marathon
the Inaugural Rock N' Roll San Antonio Marathon & Half Marathon

All Ability Levels Welcome

Please Join Us at an
Upcoming Informational Meetings
To Learn More

Cincinnati

Tuesday, June 3 7 p.m.
Sunday, June 8 3 p.m.
Tuesday, June 10 7 p.m.

Training Begins

Saturday, June 14 7:30 a.m.

All Cincinnati Meetings
are being held at

Fleet Feet Sports

9525 Kenwood Road
Cincinnati, OH
513-793-8383

Dayton

Sunday, June 8 12 p.m.

Dorothy Lane Market, Springboro

740 North Main Street
937-748-6800

Monday, June 9 7 p.m.

Hope Assembly of God Church, Centerville

E. Franklin Street
(Across from Centerville High School)

Thursday, June 12 6 p.m.

Up & Running, Centerville

6123 Far Hills Ave
937-432-9210

Training Begins

Thursday, June 12 7 p.m.

Please **RSVP**

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www.MilesThatMatter.com