

NEWS FROM....

The Courage to Speak® Foundation

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Running Toward a Healthy Lifestyle

The Courage to Speak Foundation Announces The 13th Annual Ian James Eaccarino Memorial 9-Mile Race to take place on Saturday, August 6th 2011 at Calf Pasture Beach in Norwalk, CT

Ginger Katz, CEO and Founder of The Courage to Speak® Foundation and author of *Sunny's Story*, announced The 13th Annual Ian James Eaccarino Memorial 9-Mile Race, which will take place on Saturday, August 6th at 8:00 am at Calf Pasture Beach in Norwalk, Connecticut and is promoted by the Lightfoot Running Club.

Ginger and her husband, Larry, have been members of the Lightfoot Running Club for over 30 years and are co-founders of The Courage to Speak Foundation. The race is dedicated to Ian Eaccarino, the son of Ginger and Larry, who passed away 15 years ago after an unfortunate drug overdose. It was decided that the 9-Mile Race be dedicated to Ian's memory, as he worked at the beach the summer before he died and personally planted many of the trees that are now aligned with this beautiful beach.

The Courage to Speak Foundation is a private non-profit 501(c)(3) organization founded in 1996 whose mission is to save lives by empowering youth to be drug free and parents to communicate effectively with their children about the dangers of drugs. Over the past 14 years, Ginger and Larry together have presented Ian's story to hundreds of thousands of people across the country and have been recognized on a state and national level for their work.

The Courage to Speak Foundation has developed drug prevention curricula, taught in Norwalk schools and beyond, and *Courage to Speak - Courageous Parenting 101*® a free course offered in English and Spanish that educates parents on how to keep their children safe from drugs. Over one thousand parents in many Connecticut communities have attended the program and 79 facilitators are trained in Norwalk and throughout the state of Connecticut to teach the course.

The 13th Annual Ian James Eaccarino Memorial 9-Mile will begin at 8:00 am on Saturday, August 6th 2011 at Calf Pasture Beach. The race is a wonderful way to bring the community together while promoting a healthy, drug-free lifestyle. Last year, 120 runners participated in this extraordinary community race. A plaque was given to Samantha Gombos, 19, of Norwalk for crossing the finish line as the youngest participant in the race.

To date, the sponsors for the race are The Lightfoot Running Club, WSTC 1400/WNLK1350, Norwalk Recreation and Parks Department, Norwalk Cove Marina, West Rocks Shell, Dr. Marc Franks D.M.D. and Booth Financial Associates. For information about sponsoring the race, running in the race and volunteering, please call Ginger Katz at 1-877-431-3295 or e-mail gkatz@couragetospeak.org or visit our website www.couragetospeak.org.

About The Courage to Speak® Foundation:

The Courage To Speak Foundation Inc. is a nonprofit organization based in Norwalk, CT, whose mission is "to save lives by empowering youth to be drug free through fostering education and open communication about the dangers of drug and alcohol use." Ginger Katz founded the organization in 1996, just months after her 20 year old son Ian James Eaccarino died of an accidental drug overdose. She and her husband Larry Katz pledged that they would do all they could to help prevent such a tragedy from befalling another family. Since then, Ms. Katz has given nearly 1000 presentations reaching hundreds of thousands of individuals - young people and the adults who care about them. The Courage To Speak Foundation develops

drug prevention curriculum for elementary, middle and high school students as well as parents through *Courage to Speak - Courageous Parenting 101*[®]. Ms. Katz also has authored a new book called *Sunny's Story*. A book for children of all ages; parents, grandparents, teachers, and others. www.couragetospeak.com

About the Lightfoot Running Club:

The Lightfoot Running Club is a Connecticut organization for runners that hosts and participates in races in several counties in Connecticut. They are committed to raising the bar of competition to reveal the true generosity of the human spirit.

www.lightfootrunners.com