

Looking for something to help you pick up your pace? Race for charity!!

Looking to add a little motivation to your running, cycling, swimming or walking? Want to add a little community service to your workouts. Try racing for charity.

Almost every major charity organization has a run for charity. Leukemia Society has Marathons, Triathlons and 10 Ks to choose from, Diabetes Assn., and Arthritis Foundation have charity Walks and Runs. These events span from your local 5ks and fun walks to major races and endurance events across the U.S. and overseas.

Many people are uncomfortable about asking for charitable donations from those they know and don't know. A simple solution is to start by racing for awareness. You may ask them to pen a letter or sign a letter showing the support of those around you for your event. Leave them with enough info to make a charitable contribution. You can also trade services for donations. Many organizations hold car washes, bake sales etc. If you have a professional service that you can offer for donations it's another avenue for a charitable contribution.

More about services: Recently I named the Lymphatic Research Foundation as my charity while doing the Ford Ironman in Panama City Florida. Our clinic offers professional bike fittings for pain and performance as well as swim evaluations and video based running evaluations. The 6 months leading up to the race we asked customers using this service to make a charitable contribution to the Lymphatic Research Foundation instead of paying for the service.

Raising awareness?: Its not always about money although that's what make charities thrive and function. Many times raising awareness is a great place to start in your fundraising efforts. A simple letter to locals and an article in the paper detailing what your doing and why brings attention to your cause. Case: In 2004 Many Barnes PT, Dr. Doug Thompson and Kevin Green PTA did the Clermont Iron Distance Triathlon to raise money and awareness for the Leukemia Society, in 2005 we hosted a 4 mile swim, each person represented a different charity, and 2006 we duplicated the first ever Relay for Life Event, running for 24 hours, in each instance we did not go out of our way to collect pledges we simply announced what we were planning on doing and what charity it represented. We raised awareness by competing in the event itself, the key is press coverage and making your event known.

There are so many charitable organizations out there to raise money and awareness for pick one you support with your heart and in this case with your body. In many of these cases there are training programs and education seminars offered for the athletes to help you train.

There is something extra about racing for charity. It keeps you motivated and gives you that little extra you need to never quit. When you race for charity your

never alone, your carrying that organization and those that it represents with you if only in your heart.

Kevin Green PTA and Combined Decongestive Therapist from Carolina Sportsare and Physical Therapy in Beaufort, SC. He has competed in or organized 47, 40, and 83 mile runs for American Cancer Society, 4 mile swim and a Iron-distance triathlon for Lymphatic Research Foundation.