



TESTIMONIALS



Karen,

First, I would like to thank you for everything you have done for me through the Miles That Matter Program.

Hello, my name is Dave Canup. I am 47 yrs young and I would like to start by telling you a little about myself. Up until Dec, of 2008, everything seemed to be normal. I worked a lot, raised kids just as million's of other people do. Fast food was my friend:-) and at the time was about 40 lbs overweight. Then the Dr called me with some disturbing news. I was a full blown diabetic. WOW, I couldn't believe it. I have watched several of my family member's deal with or "Not deal" with their disease. From an uncle who lost both legs, and a brother who lets his disease get the best of him everyday. I was dealt a card that had al-

ways haunted me, and I knew I had to do something. I saw a dietician and she explained what I really had to do to keep this under control. 1) Make a "Life Altering" change in my diet and GET EXERCISE!

At that very moment I decided to take the challenge of being different, to do something that no one in my family had decided to do. I started out with a huge change in my diet, and then I met someone I worked with that also made a huge change in her life. Her name is Sandi Kern. I stopped her in the hallway and had to ask what she had done and if she could offer any advise. That is where MTM came into my life. She explained how running had changed her life and that I needed to start running and I really needed to meet coach Karen with MTM. Like most people would do, I AVOIDED Sandi at all cost. She must be crazy. I didn't even want to walk the hall's because I knew she was going to ask if I was ready to start running. She actually said you had to run, outside,, WHAT? IT IS FREAKING FREEZING OUTSIDE and you want me to run out there. Very scary, the thought of actually getting out of my comfort zone. NO THANK YOU!!

Ok, that wasn't working she said, so she offered me a "Free treadmill". If I turned down a free treadmill she would then know I was a big chicken!!!

Now I had no excuse, I had to do something. So I called Sandi and went to pick up the treadmill that day and got it home, plugged it in and jumped on. I lasted about 6 minutes and was looking for oxygen, the phone to call 911, something. I was in the basement and no one knew I was there. No one was going to save me, I could have died and no one would ever know:-) More than that, I wanted to kick Sandi's behind for staying so persistent. I stuck with it and finally got the nerve to go to one of the meetings. It was on a Sunday morning and when I finally met Coach Karen, I just knew something was right about the MTM program. Karen ask me what my goals were and I said I wanted to train for a 5k run. She explained how with the MTM program, and all of the support of the other runners, they would have me doing this in no time. I showed up the next day after work, started the warm ups, and the next thing I knew, I was about 3 miles into a run, outside, and it was freezing, but I wasn't cold. Crazy I know.

After a just a few weeks, I ran in my first 5k run in Loveland, Oh. I couldn't believe it, I am actually running, IN A RACE!! It was exhilarating. I stayed with it and in just a few short month's I ran my first 1/2 marathon. 13.1 miles. WOW, Because of the training and all of the support from the other runners, I have stayed with MTM, my diabetes is all but GONE, yep gone. Since the running, I have lost a total of 40 lbs and feel better than I have in years. Karen explained how a person needs to take time out for themselves. I have made my life a priority running not only helps me physically, but mentally as well.

Thank you Karen for all you do to help people like me see their full potential. You truly are an inspiration to everyone you meet.

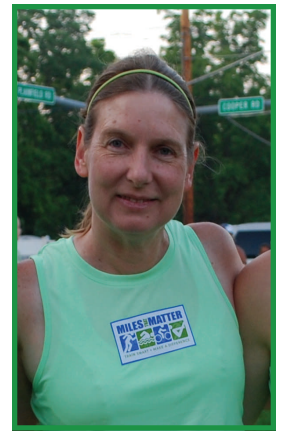
Sincerely,
Dave Canup.



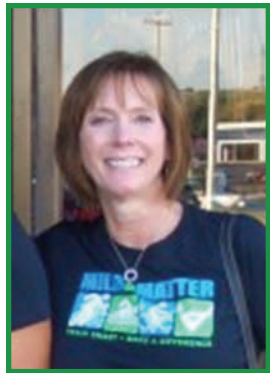
I have been running for approximately 20 years. I started running for exercise and to lose some weight. My sister started running about 7 years ago to also lose weight. Last spring Karen had talked to me during a half marathon about her program. My sister and I had never ran or train with a group- partly because we didn't think we could keep up with serious runners (even though we had ran 7 marathons before) and we didn't know of a group close enough for us to travel to a couple times a week. We absolutely were amazed at the camaraderie among the group. Once we started to train with this group, we wonder why we never did this before. There seems to be a support plus friendship established that reinforces what the running community is all about. With Karen's experience and expertise, she has guided and molded several of our group. We would have not been able to obtain the knowledge we needed to know about all there is to know about running. Not only are we doing something good for ourselves, we are also contributing to worthwhile charities. I plan on running for many more years and with Karen's Miles that Matter Program I should be able to do just that.

Sue Tarbox

Miles That Matter has made a difference in my life. I had run off and on for quite a few years but never seriously and usually alone. I had always heard about people running half marathons and marathons and always had a goal that maybe someday I would do that. But somehow I never got around to it. It was too hard running long on my own. When I saw the flyer for Miles That Matter in my bag at a local run it seemed like what I was looking for. It was more than I had imagined. Not only did I set a goal of running a half marathon and met that goal, but I raised money for the American Heart Association in honor of my mother, a stroke survivor. The half marathon was hard but the sense of accomplishment was great. It had been a long time since I had set a goal and achieved it. Karen and the others at Miles That Matter were my inspiration along the way. They convinced me that I could do it. Karen was there with training advice and nutrition information and motivation. The thing I wasn't prepared for is the good friends I have made. I really look forward to spending time with the group, sharing thoughts, goals, and laughs. It has been a rewarding experience for me all around.



Debbie Hannen



Two years ago a close friend encouraged me to participate in Miles That Matter. My friend had been involved in Miles That Matter for a season and had completed a half marathon. At the time I was 51 years old and had been going to the gym on regular basis and doing some walking on my own. I really never thought that, at my age, I could walk a half marathon let alone a full marathon! In the past two years, with Karen's motivation, encouragement and wonderful training program I have completed four half marathons, one full marathon and have plans to continue as long as I am able!

-Cindy Hoffman

My life is richer having known Karen Cosgrove. She was my first coach when I signed up at age 48 to run my first marathon. Not only was she positive and encouraging but she gave me the belief that I could succeed. She is one of those people who has a gift to move people in positive ways. Her presence energizes crowds. Even thou she has been training athletes for over 25 years she still remains fresh with new ideas all the time. It is the reason I still continue to work out with her! Karen has contributed greatly to the Cincinnati and Dayton Fitness Community.

Joan Dornette





During a low time in my life I was lucky enough to encounter a fledging group called "miles that matter". This training program was beginning in December of 2007 so when we met to walk (although I was just doing it to get off my couch at the urging of my friend) you really didn't know or remember who you were talking to as everyone was so bundled up you couldn't see faces. Then like a flower blooming in the spring, people began to shed the winter wear and I could really remember whom I was connecting with. I really began to have fun doing this and looked forward to seeing the team and discussing everything and anything under the sun on those training walks. Now even stranger things have happened....I feel a real bond with my walking friends and truly consider them "my Friends". Don't ask me to give a one of them up.

And God bless Karen and her road trips...I think they rate right at the top with my favorite golf vacations.

Diana Davis

For my first ever marathon, I decided that I needed help with a training schedule and I had been told that the folks at Fleet Feet and the Miles that Matter program were wonderful. I trained from January through April and they were terrific. Karen offered professional advice that truly made a difference, along with an infectious smile and "cheerleader" support, that helped keep me going through the toughest of times. What was even better, was knowing that I was able to help, in some small way, others who were facing challenges in their lives far greater than that of completing a marathon. I plan on training for two marathons this coming year, and I know that Karen will be right there alongside of me as I get this sixty-year-old body in shape, to compete.

Pat Lehman, Flying Pig 2009



I joined Miles That Matter after receiving a letter from A Special Wish Foundation asking for support for the team. I attended an information meeting and knew that training with Miles That Matter was just the sort of opportunity I had been looking for to pay forward some of the kindness our family was shown when our daughter had cancer. Not only could I help other children receive special wishes, I was also improving my own health and providing my children a wonderful example. I am now looking forward to training for more runs. Miles That Matter has been a positive force in my life on so many levels.

Emily Mangual

The year and a half I've been a part of Miles That Matter has been great. Not only have I completed two half-marathons and my first marathon, but I've made some great friends too. I'm sure I'd be a lot less fit if it weren't for MTM and the great support we give each other. By donating our time and through voluntary financial contributions, we are making a difference, to each other and those who struggle with life's challenges.

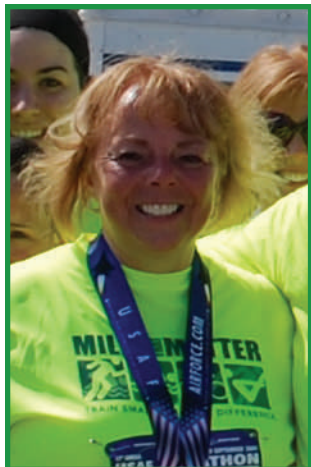
That's my testimony, and I'm sticking to it!

Mike Sullivan



I was 60 years old when I started with Miles That Matter. The group of people that I ran with made it fun. we became friends and I couldn't wait to go workout so we could talk and learn more about each other. At first we would say we have to go 2 miles then it we only have to go 5 miles like it was nothing. It was one of my best experiences.

Glenna Howland



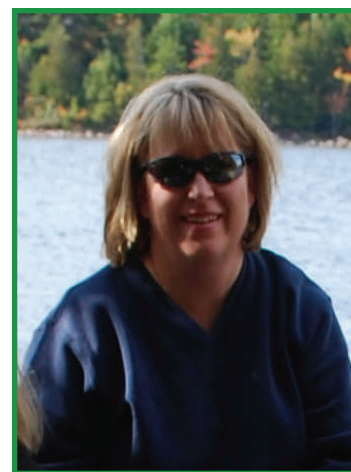
I have had the pleasure of knowing Karen for 5 years now. Her dedication, enthusiasm and energy constantly amaze me! She has trained and supported me through 3 full marathons and over 7 half marathons while raising money for charity. I love The Miles That Matter program and totally believe in its mission because it allows me to raise funds for ANY charity I wish while providing me with a TEAM of wonderful people whom have become some of my dearest friends. Five years ago Karen took a 48 year old overweight woman and turned her into an endurance athlete and for that I will be eternally grateful!

Denyse Carone
Charter Member of Miles That Matter

I have been participating in the Miles That Matter training program for the last year and a half. It has certainly had an impact on my life. When it comes to exercise for me, I need to be around other people to stay motivated. Whether during race training or FUNDamentals Boot Camp I get plenty of people around to keep me going. Karen is a great leader of the group workouts and somehow makes working out fun???

The group of people that I have met through this training program I consider to be very good friends. We all support one another whether we walk or run. I think that philosophy trickles down from Karen's own philosophy – it is truly refreshing to be around people who genuinely are kind and supportive of one another!

Kelly Early



Hi Karen

I was wondering how to word this email to express to you how much the experience of finishing the marathon meant to me. I have decided to just tell you a simple thank you since I am not sure if I can tell you what I went through with just a short note such as this. Let me just say that I had to let go of something in order to take hold of something new. Every pound I lost was a pound of grief and sadness that I had to release. Every mile I managed to run or walk helped me to clear my heart and my spirit. This marathon came to symbolize something much more than 26.2 miles for me.

During mile 5, I was running along with the crowd and I decided to phone my husband. Since he wasn't home I left a message and I could barely get the words out *I am doing it - I am running a marathon - I am a marathon runner - I am a marathon runner*. My hubby could not understand my message because I was crying so hard I could barely form the words in my mouth. He deleted the message thinking it was a bad connection. But when I said the words to our answering machine, I also started to say them to myself. And it was the sweetest sound.

Thank you so much for all your hard work and support. I cannot believe everything you did for me and for everyone, especially for such a tiny \$100 training fee. You are a remarkable person Karen and I can see how you have touched so many lives with your light just as you have touched mine.

I am so very grateful. Thank you to you Karen and thank you to Kathy and your entire Miles That Matters Team

Sara Washburn