



## **FLEET FEET SPORTS MILES THAT MATTER**

# **RUN/WALK FOR FRED**

**NOVEMBER 15, 2008**

**7:30 A.M.**

**FLEET FEET SPORTS**

***A 3-5 mile fun run/walk to help make the difference for one runner!***

**All money donated will go directly to Fred's Fund**

On Sunday, November 2, 2008 at the New York City Marathon, a local Cincinnati runner, Fred Costa collapsed at Mile 22 and was rushed to Mt. Sinai Hospital in New York. He remains hospitalized in critical condition and has not yet regained consciousness. Fred is 41 years old and has been a dedicated runner for years. He has trained with Team in Training, given countless hours of his time to help others train, to raise funds for local charities and to volunteer at local events. His family remains by his side during this difficult time.

Fred has given so much to the running community and we would like to give back. We are collecting donations (any amount will help) for **Fred's Fund** during any of these events (and at any time throughout the rest of the year) to help offset medical and other expenses.