



15 ways to help:

1. Endorse! If you haven't yet endorsed The Run at TheRun.org, please go to “*supporters*” link, then to [endorsement page](#), and put first and last name, with initials after last name, and city and state!

2. Facebook: join our online community by "liking" our group - [The Run: for America's Natural Medicine Doctors](#). Continue to update your Facebook status about The Run events and encourage your friends to do the same! We also now have a [CAUSE](#) - support our cause by joining, donating, and inviting others.

3. Email newsletters. Make an announcement of The Run in your newsletters. You can copy/paste the announcement from the homepage at: [SacND.com](#) (found on the right side of the page, about half way down). This is the way to spread the word exponentially.

4. Your practice website: Put an announcement on the home page of your website, like [SacND.com](#), or put separate link like: <http://www.DrDaenell.com/>.

5. Run. Organize a group of runners to join The Run. Ask friends, family and co-workers to financially sponsor your training miles - whether you live near or far from the route and donate money to The Run. To donate, go to: <http://www.TheRun.org/donate/> button on the website, or through our [Cause](#) page on Facebook.

6. Post/email flyers/3 x 5 cards to running stores, running associations, health food stores, NDs, coffee shops and any place where people gather. Tell anybody and everybody that may be interested in natural medicine about The Run. Please let us know if you would like for us to send these promo materials to you: Request Meghan@TheRun.org.

7. Event organizing. Host/organize an event along the route. Find a few of your closest friends (or hardest workers that you know) and put together a grand shindig! Contact

MaryRitaEly@TheRun.org, The Run's event coordinator for more details.

8. Fundraise. Collect donations or host a fun-draising event. Your donations are tax deductible and will enable The Run to reach more people through being able to pay for professional marketing, etc.

9. Circle of influence/prominent people. Do you have media contacts or know prominent people in your community, such as the mayor, or other influential people throughout the country that would lend their voice of support or "know people" that know such people? Do you know musicians, politicians, actors, etc?

10. Patients. Ask your patients for testimonials and to get involved. This event is not only intended to benefit NDs, but patients as well through better insurance coverage, better understanding by the conventional medical system of what NDs do, etc.

11. Speakers. Suggest inspiring speakers for the events in the towns and cities along the route. Contact our speaker coordinator, Dr. Holly Lucille, ND, at: DrLucille@TheRun.org.

12. Route Scout. Take a designated section of The Run route and report back any potential problems. Also along these lines, we could really use more state representatives to organize and rally people in your state.

13. Creative skills. Be creative and volunteer your talents to help The Run, such as graphics, video, writing, etc. We could really use some help designing a t-shirt to sell to the public. Anyone have any ideas - please contact Meghan at Meghan@TheRun.org.

14. Start following **The Run's blog:** <http://www.TheRun.org/blog/> updated by both Rebecca & Dennis, for our latest updates and thoughts, Dennis' training, supporters, endorsers, and events. Leave a comment and let us know *your* thoughts!

15. Utah, Colorado, Kansas, Missouri NDs: If you know any NDs in these states, let Dennis know ASAP so he can contact them for his trip to these states this month/

****Please email/call us to let us know how you'd like to help, as we get inspired with new ideas can share with others as well!***