

## Calling All Runners!

*We are in search of experienced runners who would like to participate in  
**A Run across America.***

*We are looking for people with a passion for health and natural medicine.*

### The Run Fun Facts:

- ❖ **107** Days of actual running (you can choose to join in any 1 of these!)
- ❖ **123** Total Days of The Run
- ❖ **260** Events and Press Conferences
- ❖ **3258** Total Running Miles
- ❖ **30.5** miles/day average running days

### Ways to get involved:

- Run with us for a day – Register at [www.TheRun.org](http://www.TheRun.org)
- Recruit other runners
- Endorse The Run at [www.TheRun.org](http://www.TheRun.org)

### Our mission:

**The Run: *Moving Natural Medicine Forward*** will cross the United States **on foot** to promote the following causes of natural medicine throughout America:

- Increasing the health of the American people
- Providing sustainable holistic health care
- Educating the public about healthy lifestyle management and health maintenance

The Run also endeavors to make a clear statement about the benefits of everyday wellness choices and make “naturopathic doctor” a household term.

**Visit:** [TheRun.org](http://TheRun.org) and [Naturopathic.org](http://Naturopathic.org) for more information

**Contact:** [Meghan@TheRun.org](mailto:Meghan@TheRun.org)

**Call:** 916. 446. 2591