HELLO TO YOU ALL:

I'm so excited to tell you that my family is putting together the second phase of a charity event we started last year called THE INCREDIBLE SHRINKING FAMILY! This is a project that was created by a family looking to lose weight and get healthy, together. From July 2009 to Thanksgiving Day, November 2009 our family and friends were unreasonable about their health. We lost over 325 pounds collectively and raised over $5000 for our selected charities! It was a huge success!

Now we are on to PHASE TWO of the project, "Run for Your Life!" Phase Two is designed to help those who still have weight to lose from Phase 1 as well as up the level of fitness for all participants. It's the next step in creating a happy, healthy Incredible Shrinking Family.

The concept is simple. You estimate how many miles you want to run, walk, crawl, swim, roller blade, elliptical or a combination of them…whatever from now until June 1, 2010. As long as it can be measured in miles, you can use it. We will then take the combined mileage of the whole group and map out a route across the country from CA to Virginia! Who knows, if we get enough people involved, maybe we'll have enough miles to run back! Many of you probably already run or bike on a regular basis, so why not sign up and count those miles towards our cause?

Some participants are choosing to raise money for charity by having others sponsor their mileage. On our site are a variety of charities to choose from. You go get pledges from your friends. Then on June 1st, you simply let them know how many miles you did and how much the pledged, then invite them to go on our site to donate directly to the charity of their choice that is tax deductible. Raising money is totally optional but a great way to inspire you to run more and give more!

I'm inviting you to join the Incredible Shrinking Family in one of two ways…

1. As a RUNNER.
2. As a SPONSOR.

Either way is so important to our overall cause. It's really easy to sign up for either. Go to www.IncredibleShrinkingFamily.org and go to the "sign up' link on the right of the navigation bar.

I am planning on running 150 miles, so if you would like to sponsor me, then simply email me your pledge per mile to emailme@roberteclyde.com and I'll log your pledge. Maybe you want to give $1 per mile? Maybe .50 cents? Anything you pledge will make a difference.

Whatever you do, tell other people to join up, especially your family members. Let's see how big we can make this thing. Send them all to www.Incredibleshrinkingfamily.org!
Thanks so much,

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