

## RACE DAY SPEECH 2018

Good morning and welcome to the NINTH annual Running 4 Answers.

I promise to keep it brief. Over our first 8 years, we have donated \$285,000 to Cure Alzheimer's Fund.

We are happy to have, for the first time, Conner Swan here today from that amazing organization. PLEASE stop by and say hi to him. Make him feel welcome!!

The money we have raised is a combination of Sponsorships, donations, registrations, and our fundraisers.

We HAPPILY welcome the return of  
Regal Bank  
St. Barnabas Health  
Fitness 121

We welcome for the first time  
Arcadia Realtors and Rich Leonard for sponsoring the Apple Watch drawing for the West Essex Track Team.

Our food and drink are provided by  
Pomptonian Food Service  
Manhattan Bagel  
Rockn' Joe

While my technical skills have improved over the years, I continue to rely on the technical support of Chris Gieger and Gieger Visual Communications.

Thank you to Ben Rosenberg and Chris Gieger for donating their photography skills.

Thank you to the towns of Roseland and Essex Fells, particularly Lieutenant Brian Maglio and Sergeant Scott Jones.

In addition, thank you to Tom from the DPW and the Recreation department of Roseland, our CERT volunteers.

Thank you to Coach Emering and Coach Cullen for the support of the WEST ESSEX track team...we LOVE having you here.

Thank you to our friends and family who have this event on their calendars each and every year. I GREATLY appreciate all of you!!!! This list includes, my dad and sister, the Roseland crew of Tara, Chris, Dana, Caroline, Neal, everyone with the last name "Mastrangelo", and of course our husbands and children – Brett and Paul, Julia, Lauren, Isabella and Kate.....

Our fundraisers! You guys just ROCK. The following people have raised between \$100 and \$XXX. Here are some of the BIG raisers!!

Barbara – Regardless of the "real job" I know that you have my back and your support means the world to me.

In addition to our awards for the race this year, we have a "Mini Tricky Tray" with 7 GREAT prizes. Tickets are 3/\$5 and 8/\$10.

So stick around for the awards AND DRAWINGS for not only that but the winner of the Apple Watch

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Over the first eight years I feel like I've said it all. I've talked about my mom and my family's experience, the caregivers, and even some of you and your families. I've tried not to cover you in statistics, but shared the reality. Alzheimer's is a sad, scary disease without a cure, real treatment or survivors. The numbers are scary and are growing.

It takes people well before what is considered "their time" and leaves the families with feelings of hopelessness and helplessness.

I believe that Cure Alzheimer's Fund is our best bet to find a cure and I thank you for YOUR support of that organization.

Thank you ALL – there is no way for me to be able to say that enough – for being here.

I can't change my final words NOW, it's been 9 years!!!

Today, while you are out on the course, think of those you love. Remember those who may not remember you. Be inspired by your own ability to do whatever you deem important enough to do. Have a great race and an enjoyable walk.