

We're back in the saddle again!

It's about service. In Pastor Dana's sermon on Sunday (Shepherd of the Hills Lutheran Church, February 19, 2012) he spoke about how God reveals himself to us. In the Old Testament He revealed himself to Moses, through the prophets, in the New Testament we had Jesus, the disciples, the apostles. Now one of the ways God reveals himself to the rest of the world through us; through our service. It occurred to me when I stopped and thought about this that I have surrounded myself with people who serve whether it's locally, nationally, internationally, teaching, counseling, defending, researching, preaching, advocating, feeding, or care-giving (the list goes on). These are my family, friends, acquaintances; the people I admire and look to. These are the people making a difference in the lives of others. I believe my personal skills and abilities tend toward my research (couldn't tell I was a scientist by my need to reference things?) so luckily I get to serve our nation and world through that but I also have been given a physiologic capacity to run, a predisposition towards physical endurance, through which I also can serve.

So for this year we are raising the bar significantly. The plan is to, again, run the Wild West Relay ([WWR](#)) on August 2-4 however, I will also be running the EPIC Rocky Mountain Relay ([EPIC](#)) on July 19-21. The WWR course is the same as last year totaling approximately 200 miles and the EPIC course runs from Colorado Springs to Crested Butte, a distance of about 196 miles. So we, Team Wounded Bear, are looking at covering about 400 miles, over 2 races and within 2 weeks. I think Fernie Johnston from the Food Bank for Larimer County (FBLC) put it best when I contacted her about the event and the donations for this year. Her response was 'Go big or go home!'

We haven't just raised the bar on running though. Our goal this year for fundraising will be to collect *\$15,000*, all of which will benefit the Food Bank for Larimer County (FBLC). That means we will collect enough money for 60,000 meals.

The same questions always arise when this is presented. How can you run that far and how can you raise that money? Isn't the whole thing preposterous?

- To address the running aspects please see my commentary, below, from last year. However, and in a brief word, you train, you pray, you suffer, you abide (That's a direct nod to The Big Lebowski in case anyone was wondering).
- To address the fundraising aspects, we do have a slightly different plan this year. We had tremendous outpouring from individuals last year; in fact, as I had no idea of what we could achieve, I was overwhelmed by the generosity! This year we plan to also target numerous businesses in the area that will hopefully be willing to donate at

different levels and in return receive various forms of recognition. The details of these aspects are still being worked out.

- To address the notion that the whole thing is preposterous, I posit the following statistics:

- 1 out of 10 people in Larimer county utilized the services of the FBLC last year ([FBLC stats](#));
- 1 our of 6 in the US are food insecure;
- Of the food insecure in the US, 1 in 4 is a child ([Map the Meal Gap-FBLC](#));

In a community and nation as wealthy as ours, that's preposterous! So we start again.

To that end, I am asking you to help. Can you make a tax deductible donation to the [FBLC](#) to help them feed the people of Larimer County? The following link will take you to a secure website where you can make a donation or get information about how to donate by mail ([FBLC donations](#)). When donating, please designate the gift as a TRIBUTE in honor of TEAM WOUNDED BEAR/PHIL PURDY. Again, all of the money goes directly to the FBLC where it rightly belongs. The FBLC is a high quality organization, with very low overhead, meaning that when you give you know the funds are going directly towards feeding the folks who need help. The FBLC will update me regularly and I will update the website with the total funds raised and the names of the contributors (but the two will not be linked on the website). Have a friend who may be interested, does your company match donations? If so, please let them know as well. It is amazing what a small group of people can do, as a team, to make a difference!

My motives and outlook have not changed from last year, but have become more solidified. Still, I encourage you to read about these motives and perspectives in the background information created last year (please see below).

I also plan to address different aspects of the run (from last year and this year) and effort that were asked about with some frequency such as nutrition, training, footwear, logistics, motivation, etc, in a bit of a blog over the coming months.