

# Background

## BIO

My name is Phil Purdy and I am an ultrarunner. For those of you not familiar with the term "ultrarunner" it is a person who runs/races distances greater than a marathon (26.2 miles) with race distances typically 50K (31 miles), 50 miles, 100K or 100 miles. Although this type of activity may seem foreign to many, I find it relaxes me and gives me better focus in the other areas of my life.

In some ways it is a self-centered activity. I spend a good deal of time running; an activity that keeps me separated from family and friends. Races are self-centered as well because I run and my crew spends their day, or days, enabling me (providing me with food, water, clothing, encouragement) to keep running. More and more the self-centered aspects of this activity, which I am thoroughly addicted to, have made me uneasy and I have been looking for a way to make the actions outwardly focused.

## What am I doing?

In an effort to raise money for the Food Bank for Larimer County (FBLC) I'm running the Wild West Relay in August of 2011. Normally, the 200 mile relay is run over a 24 hour period by teams of 3 to 12 people, alternating between running and resting. My hope is to finish the run in about 60 hours. I have committed to run this race solo in an effort to draw attention to the need of our local food bank and the national need due to our nation's current economic situation.

## Need:

President Obama drew particular attention to this matter in a speech in February of 2009 ([youtube video](#)) and in the American Recovery and Reinvestment Act ([whitehouse video](#)). Our local food bank has experienced a dramatic increase in demand. Their website reports that since 2006 demand has increased by 55% ([foodbank stats](#)). I consider Fort Collins an affluent community and yet in our midst people do not have enough to eat; an oxymoron that needs to be rendered.

## Why?

The answer is simple. Pastor Dana Peterson (Shepherd of the Hills Lutheran Church, Fort Collins, CO) put it best in a sermon by saying "we need to have a holy discontent with the way things are" (January 16, 2011). Right now, people need a helping hand. If I want to call myself a contributing member of society and a Christian, then I must respond. I cannot stand by in our current social, cultural, and economic situation and do nothing. This is my response.

What am I asking of you?

To put it plainly, I'm asking for you to contribute to the Food Bank for Larimer County in honor of this run. My goal is to raise enough money to feed 5000 people for a year (15,000 meals). Because of the way the Food Bank functions, \$1.00 buys 4 meals therefore; my goal, with your help, is to raise \$3750. I give to the FBLC through the Combined Federal Campaign at work and will be able to track our total by way of the staff at the FBLC. All donations will be anonymous to me but by using the "Tribute" function when giving (please see "*How will we know how much has been raised*" for more details about this) the FBLC staff will be able to tell us how we are doing.

FAQ's:

*Why 5000 people/15000 meals?* This goal is biblically based, not some random number. There is the story of Jesus feeding the 5000 and the disciples wondering how this was to be done. I think too often we all wonder how we can overcome such a daunting task. The answer is really quite simple; *together*. I cannot run this race without my crew who will help me by running with me, feeding me, encouraging me, kicking me in the hindquarters, etc. Likewise, by a group of people banding together, we, a small group of people, can make a difference in the lives of a large number of people who truly need help.

*How do I give?* The Food Bank of Larimer County ([FBLC LINK](#)) has numerous options for giving (online, phone, mail, in person, Donation link) By doing it this way there is no middle man and all of the money goes directly to the FBLC. By the way, FBLC is a private not-for-profit entity and a federally tax exempt 501 (c)(3) organization so your contribution may be tax deductible.

*How much should I give?* I believe the answer to this is based on the parable of the widow and the two copper coins. Please do not misinterpret though. I am *not* telling you to give all that you have but, rather, have a proper, healthy attitude about giving. Give what you feel comfortable with

and give knowing that you are helping others. Make this a positive action in your life!

*How will we know how much has been raised?* I plan on keeping a tally on this website to show how many people and how many dollars/meals have been raised. Just make sure when you are giving that you note that it is a TRIBUTE GIFT to FBLC in honor of the Team Wounded Bear (Phil Purdy) Wild West Relay Run. The folks at the FBLC will then report the gifts to me (anonymously) and we can monitor the progress together. If you would like, after giving, please contact me through the "Comments and Questions" section of this website. I would love to know who is helping out so that I can acknowledge your generosity; and if you have questions about any aspect of this endeavor, please ask.

*Is FBLC a quality program?* Yes. Information provided in the Combined Federal Campaign charity listings states that its administrative and fundraising expenses rate is 2.7% (Fall 2010) and the FBLC is a 4-Star Charity/Slam Dunk Charity as rated by Charity Navigator ([charitynavigator](http://charitynavigator.org)).

*Is Phil crazy for trying this?* Maybe, probably. Our friend Chris refers to me as the village idiot or VI for short. But the concept of "crazy" is such a subjective thing.

*Can this be done; can Phil do it?* Maybe, maybe not. This relay has been completed by single runners in the past. Team Wounded Bear (Phil, Andrea, Cole, Lydia, et al.) is concerned about certain aspects/weaknesses of the runner but he is confident that he can make it. Let's be honest, any race, of any distance can be a challenge to a runner so proper physical, spiritual, and mental preparation will be essential. This last year of running has been full of injuries and personal/spiritual revelations and I believe because of these experiences I am in the best possible position to complete this goal.

***"All you need is a heart full of grace, a soul generated by love, and you can be that servant."*** Dr. Martin Luther King, Jr., February 1968, Ebenezer Baptist Church, Atlanta, GA

***"We need to be the hands and feet of Jesus."*** Pastor Connie Winter-Eulberg, Lutheran Campus Ministry, Colorado State University



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