

## FAQ's:

**Why \$15,000?** My original goal last year of 5000 meals was 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. I saw the outpouring of good will from last year and how we surpassed our goal so this year as I am running two races I hope to be able to more than double last years contributions.

**How do I give?** The Food Bank of Larimer County has numerous options for giving (online, phone, mail, in person, all of which can be found at the [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. 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). The folks at the FBLC will then report the gifts to me and we can monitor the progress together.

**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!

**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.

**Is Phil crazy, can he do it?** In regards to the first question, you know perception is a funny thing so we will not go into any of the diagnoses. In regards to the second question, the answer is a firm maybe. Any race is a test and all a runner can do is prepare as best they know how. Then on race day they will do all that they can so in the end they can look themselves in the mirror and say, 'you gave everything you had' regardless of the outcome. No excuses. The reality is that ultra running is full of highs and lows; frequently both within the same event. A testament to this is found in the attached [recap](#) of last year's Wild West Relay.