



Get Ready for this Spring's Newest Foot Race to Benefit St. Luke's!

Saturday, May 9th 9:00 AM

Get your running shoes ready and start stretching now, because this year will mark our first "Run for Goodness Sake" to benefit St. Luke's Mission of Mercy! Greg Moran and his team of volunteers are working hard to produce a race that will hopefully be an annual part of the Western New York racing scene for many years to come! Here are the details that are ready at print time:

This big event is a **Quarter Marathon (6.55 miles)**: a unique racing event for Western New York that will appeal to Marathoners, Half-Marathoners, 10k and 8k "Turkey Trotters". Besides individual runners, tandems can also pair up to run the course as a two-man relay.

There will also be a **2 Mile Fun Walk**: this special event for walkers and those folks who are not runners but would like to get some exercise and support St. Luke's will be offered, as well.



As in any race, there is no race without a big party! Here are the details on the **Post Race Party**: Everyone is invited – whether you ran or warmed up the seat of your lounge chair! Registered runners and walkers will be admitted for free; there will be a \$10.00 fee for non registered supporters to cover refreshments and entertainment. Entertainment? You bet! The Stone Bridge Band, Billy McEwen and Joe Head, all well-known local musicians who know how to have a good time! This will be THE party to welcome Spring back to Western New York!




Post-race party animals!

Course: To date, we are selecting a course beginning at the Botanical Gardens, around South Park Lake and down McKinley Pkwy in South Buffalo. More details to come. **Registration Fees:** Still being determined

Volunteers needed!

If anyone would like to register for the race or volunteer to work on the planning committee or on the day of the race kindly contact:

- Greg Moran:** 863-3163
- Barb Danielson:** 836-5024
- Carrie Boye:** 573-1685



Thank you Canisius High School!
 Many hands make light work. Throughout the Thanksgiving and Christmas season volunteers make a big impact on what we are able to accomplish. No group exemplifies the spirit of the season as well as the young men of Canisius High School. From Nov. 17th to Dec. 21st Fr. Betti, Mr. Ron Ahrens, and the "Crusaders" came in groups to assist with the food packing, toy packing, and many other jobs. The amount of work completed by the young men was truly astounding. "We wouldn't have been able to do it without them," said Amy Betros while recounting their generosity of time. For this we are truly grateful. Thank you, men!

A Very Busy Place!

St. Luke's was alive with volunteers who worked hard to make this holiday season special for those in need!



Missionary Charlene Mallory and Nikoli mug for the camera!



Associate Sue Kretz and Missionary Michelle Marciniak manning the volunteer table.



Norm Paolini, founder and co-director, gets an update on the progress of food packing.



Nancy Polino, in charge of the food packing days, can't believe her eyes – she has to get a picture of all this progress!