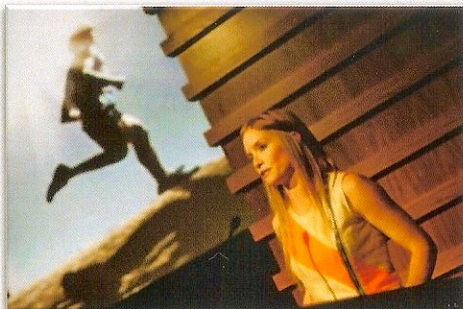


MEET MEREDITH:



"I want to believe in others when they don't believe in themselves." - Meredith Dolhare, Founder RunningWorks

RunningWorks Founder and Executive Director Meredith Dolhare is an accomplished athlete who knows firsthand that running works.

As a trauma survivor, Meredith attributes the sport with saving her life. She is now on a mission to change the lives of others and promote sport for social change. She is committed to erasing the stigma associated with homelessness and addiction.

RunningWorks is her labor of love, her way of giving back and paying it forward.

"I believe everyone has been given a gift that can be passed on to others - no exclusions," she says. "All it takes is an open heart, a little patience and some willingness. Sports saved me, lifted me up and gave me strength at the times when I needed it most. I want to return the favor. I want to believe in others when they don't believe in themselves."

Meredith (dubbed "The Iron Lady" by *Sports Illustrated*) is a record-setting ultra athlete on the TIMEX Multisport Team. She coaches the cross-country team at Charlotte Country Day School and lives in Charlotte with her husband and two teenage sons, who are also competitive runners. Learn more about Meredith and follow her races at MeredithDolhare.com.

COME RUN WITH US:

MONDAY:

1:30-3 p.m. - The Relatives On Ramp Resource Center (119 E. 8th Street; Charlotte, NC 28202)

TUESDAY:

9:45-11:45 a.m. - Urban Ministry Center (945 N. College Street; Charlotte, NC 28202)

4:45-6 p.m. - Children's Attention Home** (Rock Hill, SC)

WEDNESDAY:

4:30 p.m. - Rowan Helping Ministries (226 N. Long Street; Salisbury, NC 28144)

6 p.m. - NoDa Run Club (2229 N. Davidson, Charlotte, NC 28205)

THURSDAY:

4:45-6 p.m. - Children's Attention Home** (Rock Hill, SC)

FRIDAY:

9:45-11:45 a.m. - Urban Ministry Center (945 N. College Street, Charlotte, NC 28202)

Start time varies - Charlotte Rescue Mission's Dove's Nest** (2855 West Blvd., Charlotte, NC 28208)

4:30 p.m. - Rowan Helping Ministries (226 N. Long Street; Salisbury, NC 28144)

**** Volunteers and runners interested in participating at our programs at Children's Attention Home or Doves Nest, please email volunteer@RunningWorks.org for more information.**

Connect with us online:
RunningWorks.org



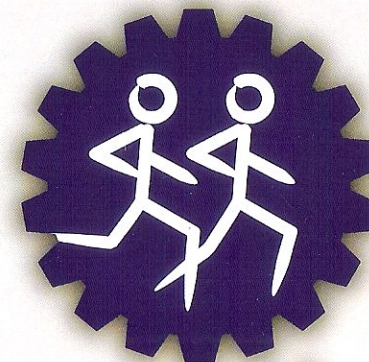
Email: info@RunningWorks.org



www.facebook.com/RunningWorks12



www.twitter.com/Running_Works



RunningWorks®



Mailing Address:
RunningWorks, Inc.
7804 Fairview Road, #317
Charlotte, NC 28226

ABOUT US:



Running**Works** is a 501(c)(3) nonprofit organization promoting sport for social change. Our running programs are designed to encourage individuals and families to rediscover the power of teamwork, discipline, respect and confidence.

Why running? Because it works! There are many valuable skills that can be accrued through the sport of running. It teaches discipline. It improves health and wellness. Running promotes determination and willpower. It also boosts self-esteem and provides a positive outlet for relieving stress and frustration.

The vast majority of our team members are either homeless or at risk of becoming homeless. In addition to providing a running program, we also offer support and services to help team members get on their feet - being in good health, securing jobs paying livable wages and finding permanent housing.

Running**Works** is headquartered in Charlotte, North Carolina with programs in Mecklenburg, Rowan and York Counties. To learn more about our programs or for information on getting involved, please visit us online at RunningWorks.org.

OUR PURPOSE:



THE MISSION:

Running**Works** uses sport to empower individuals and families to break cycles of abuse, neglect, poverty and homelessness - one stride at a time.

THE VISION:

We envision a community where there is no stigma associated with homelessness or addiction and everyone has equal access to opportunities for good health, financial independence and proper housing.

CORE VALUES:

Respect – Discipline – Teamwork – Accountability –
Honesty – Dependability – Education – Endurance – Family
– Morality – Commitment – Independence – Giving –
Service – Trust – Volunteerism – Willingness – Leadership

GET INVOLVED:



- **VOLUNTEER:** After each run, we gather for a life skills session or workshop designed to prepare team members for independent living. We cover a variety of topics ranging from health and nutrition to budgeting, achieving goals and managing anger. If you have advice, a talent or knowledge to share, please join us. For more information, please email volunteer@RunningWorks.org.
- **GIVE:** We also welcome donations of new or gently used running shoes, athletic apparel, watches, sports bras and other items. We have various drop-off sites throughout the Charlotte area. To locate a drop-off site near you, visit us online at RunningWorks.org or email our team at DropOff@RunningWorks.org.
- **DONATE:** Help support our mission. Contributions can be made online at RunningWorks.org/Donate. Checks and money orders can be mailed to 7804 Fairview Road #317; Charlotte, NC 28226. To learn more about our programs and work in the community, please visit RunningWorks.org.