

As I approach my 50th birthday I decided to make some changes in my life. After struggling with my weight for a number of years and suffering significant health risks. It has not been easy, but the support of family and friends coupled with consistent exercise seemed to be the best way for me to start losing unwanted pounds and improve my health and outlook on the next half century.

My brother Frank who frequently participates in marathons encouraged me to enter the Disneyland® Half Marathon in September. I plan to walk the 13.1 miles. At first I thought there was no way that I could do this but as I took time to consider the benefits I warmed to the idea for several reasons. Setting a fitness goal would motivate me to stay on track with this life altering change. The half marathon is on my 50th birthday and would allow me plenty of time to prepare and train. While I thought about my new future I decided to help others while I worked toward my personal goals.

As children, my three brothers and I experienced the devastating affects of alcoholism on our family. During our teen years, our father valiantly fought the disease and gained sobriety through AA. He remained sober until his death in 2000. Since then, I have discovered a worthwhile organization called National Association for Children of Alcoholics (NACoA).

This organization advocates for all children and families affected by alcoholism and drug dependency. NACoA raises public awareness, provides leadership in public policy, informs and educates academic and other community service organizations to help facilitate the exchange of information and resources so that the professionals most capable of identifying these children and their families have the tools they need to make a difference.

I hope you will consider joining me on this journey by becoming a training buddy or by donating to NACoA in support of my participation in the Inaugural Disneyland® Half Marathon. Many thanks for your support. You can make a donation or go to www.nacoa.org for additional information.