



# TEAM LYDIA

Running to learn. Learning to run.



# 2010



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## **SIGN UP FOR THE 2010 CHICAGO HALF MARATHON OR 5K AND HELP PROVIDE FOR EDUCATION!**

### **2 BIG REASONS**

1. Physical health for you and mental/spiritual/social health for LYDIA Urban Academy (LUA) students.
2. Understanding your own strengths and helping students learn how to run through life.

### **5 LITTLE STEPS**

1. Email Erica (epostma@lydiahome.org) to get registration information.
2. Sign-up for Team LYDIA at [www.lydiahome.org/TeamLYDIA](http://www.lydiahome.org/TeamLYDIA).
3. Register for the Chicago Half Marathon or 5K at [www.chicagohalfmarathon.com](http://www.chicagohalfmarathon.com). (Use Team LYDIA code to receive registration discount.)
4. Raise \$150 for education of LUA students.
5. Run the race on Sunday, September 12, 2010.

*Thanks to the guidance of LUA staff I could overcome obstacles that a traditional high school doesn't have the curriculum for.*

— Julee Abarca, former LUA student

*As a private high school that charges very little tuition, we rely on donations and grants to keep our school running. We provide a valuable service: ensuring that students who were previously dropouts receive a diploma, transition into post secondary education and become productive members of society.*

— Amanda Ross, LUA Director



**LYDIA**

Strengthening Children & Families

[www.lydiahome.org](http://www.lydiahome.org)