

## Run Mom Run

In January of 1999 I lost my 2 1/2 year old son to cancer. He gave a valiant effort but in the end the cancer was too much for his tiny body. In January of 2009, 10 years after his death, I was finally able to find a way to find some closure and a way to show everyone how my sons life had changed me. So I decided to run.

I started out by becoming a Rally Athlete with the help of the Rally Foundation and having my son become a Rally Kid. In run in honor and memory of him.  
<http://www.rallyfoundation.org/rallykids.html>

I ran my first 5k in January of 2009 and have completed 5 other races since then. My first half marathon will be at the Dismal Swamp Stomp. I will continue to run in as many races as I can before the final run in Chicago.

I will be running with other Rally Athletes in the Bank of America Chicago Marathon in October 2009. I am running in honor of my son Johnathon.

Running has been cathartic for me, I run, I cry, I remember and I heal every time I am out on the run.

I am by far no athlete, but running has given me an outlet to release my pain, anger and resentment that I have held in for so long.

Since starting my "journey" I have met so many others that are doing exactly what I am doing and that feel the same as I do. I have met people that feel inspired and want to do the same thing. I just tell them "just get out there and run".

"It's my time to do something big to honor my son. To honor those children and those moms and dads that have had to endure the challenges that childhood cancer brings. I had no control over what the cancer did to Johnathon, no control over what the outcomes were. But what I do have control over is this...this chance to run...to run and to raise money for research, to run for those moms and dads that are still at the bedsides, still sleeping in the waiting rooms outside of the ICUs, and surgery units, to run for the hopes of moms and dads that struggle to keep their hopes alive, to run for the strength and courage of these kids. To run for my Johnathon."

You can read more of my story and follow my progress at <http://WWW.forwardmotion-runmomrun.blogspot.com>

Thank you for allowing me to share this very important cause with you!!

Rally On,  
Claresa Sanchez

<http://www.active.com/donate/rallyathletes/RUNMOMRUN>