

# ULTRA RUNNER SARAH STANLEY ANNOUNCES "Run Ride Inspire!" 2010 Project!

*SARAH STANLEY, Endurance Athlete, Speaker and Humanitarian to Log 50 Miles in all 50 States over Five Months to Benefit Fitness Forward and Reverse the Obesity Trend in America!*

January 22, 2010 (Bethesda, MD) RUN RIDE INSPIRE! 50 miles. 50 states. A Healthier Generation.

For ultra runner Sarah Stanley, her dream is "Run Ride Inspire," a feat of endurance that will include running, biking or a combination of the two in all 50 states in five months, all while raising awareness of childhood obesity to support nonprofit organization Fitness Forward.

"Not only is Run Ride Inspire the ultimate personal challenge, but it gives me the platform to engage thousands of people across the country in a conversation about fitness and healthy living," said Stanley. "I'm proud to support Fitness Forward charity in their mission of arming children with the knowledge, motivation, and tools they need to lead healthier, happier lives."

Her ambitious five month project will launch on March 8th in California and will wrap up in mid-August at our Nation's Capitol, Washington, D.C.

While running and training for the events across all 50 states, Stanley will be sharing her adventures and passion for health living online and in person, all while inspiring others to get active and achieve their dreams. Run Ride Inspire is currently recruiting Inspired Ambassadors from each state who will help Sarah plan educational stops, group workouts, and other outreach efforts throughout the country.

Sarah's mission is to inspire others to get moving and pursue a fit and healthy lifestyle, while empowering everyone she encounters to believe in and reach for their dreams. Sarah's example of pushing well outside the limits of comfort to reach for her own dreams is an inspiration and encouragement to others that they can do the very same. Sarah integrates ultra races, public speaking, social media and volunteering her time in her efforts to reach as many as possible with this message. She's passionate about making a difference and everyday begins with this focus.

Sarah's first major project is on an epic scale, so indicative of this young woman with a huge heart and equally huge commitment to dedicate her life in a way that positively impacts the health and spirit of our youth and adults today. Please join Sarah in this endeavor as she crosses the United States sharing her mission.

For more information about sponsorship, speaking engagements and the Run Ride Inspire

project, visit [www.RunRideInspire.com](http://www.RunRideInspire.com)

### About Sarah Stanley

Ultra marathon runner, social media maven, entrepreneur, blogger and speaker, Sarah Stanley is an inspiration to many! A passionate advocate for being fit, healthy, happy, and pursuing your dreams, Sarah's message has been shared with young and old alike. Not only because she has run marathons, fifty mile and hundred mile races, but because she has a passion to inspire others toward achieving their goals and dreams.

Sarah describes herself as an "ordinary, average person" and her message is to the ordinary person, both young and old. She pushes the limits of ultra fitness to inspire others "if you are willing to work hard and press limits, you CAN achieve great things!"

<http://runrideinspire.com>