



PRESS RELEASE – March 20, 2014

The fifth annual Forest Hill ThunderRun 5 K race/walk will be held at 9am on July 19, 2014, at scenic Forest Hill Park in Cleveland Heights, Ohio. This year's event benefits Lake Erie Ink. This promises to be a fun event for a really worthy cause!

The ThunderRun began in 2009, when Jim Roosa and Jed Koops, members of nearby Forest Hill Church, pooled the \$50 with which they were each entrusted as part of The Big Give, and staged the first event. The first year's proceeds were donated back to Forest Hill Church. Each year since, Jim and Jed have staged the event, donating the proceeds of each race to a Heights-based charity. Past recipients of the ThunderRun are the Heights Emergency Food Center, Reaching Heights, The Fund for the Future of Heights Libraries, and Future Heights.

In addition to entry fees, the event is financially supported by the generosity of numerous area businesses, such as Pizza Bogo, Dick's Sporting Goods, Whole Foods, Zagara's Marketplace, Motorcars Toyota, and others.

For further information, and/or to register for the event, contact Jim Roosa – Race Director, [Info@thunderrun.org](mailto:Info@thunderrun.org), or visit the ThunderRun website, <http://www.thunderrun.org>.

*ThunderRun.org is a not-for-profit organization formed for the purpose of staging athletic events, the proceeds of which are donated to charity. Federal taxpayer identification number 27-0391453.*



**THUNDERRUN.ORG**



Label here

The TOWER



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July-August 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Regularly scheduled events: meet every week unless noted</b>	6:00 Progress not Perfection AA 7:00 AI Anon 7:30 Borton Group AA	1:00 Abundance Pantry 5:00 Fitness Fusion exercise class	7:30 am Bible & Bagels 12:30 AA	1:00 Abundance Pantry 5:00 Fitness Fusion exercise class	9:30 AI Anon	
<b>See "Sundays in July and August"</b>		1 <b>JULY</b>	2	3	4 <b>Independence Day – office closed</b>	5
6	7	8	9 7:00 Ministries meet	10 7:30 Practice Sabbath	11	12
Family Promise July 6 - 13						
13	14 7:00 Sycamore Group	15 7:30 Practice Sabbath	16 12:30 Bullshevicks	17	18	19
20	21	22 12:00 Abundance Pantry Lunch	23 7:30 Practice Sabbath	24	25	26
27	28 5:00 PWR Meeting: Lakewood PC	29	30	31	1 <b>AUGUST</b>	2
Youth Mission Trip to Harlan, KY July 28 – Aug 2						
3	4	5	6	7	8	9
10	11 7:00 Sycamore Group	12	13 7:00 Ministries worship 7:15 Ministries meet	14	15 <b>7 am TOWER deadline</b>	16 9:00 Thunder Run, FHP 5:00 Outdoor Worship and Dinner
17	18	19	20 10:00 TOWER collators 12:30 Bullshevicks	21	22	23
24	25	26 12:00 Abundance Pantry Lunch	27 7:00 Session meeting	28	29	30
31	<b>September 1 LABOR DAY – office closed</b>	2	3	4	5	6

*Regular schedule resumes September 7*

*Fall Festival is September 28*

**JULY AND AUGUST 2014**