



January 26, 2011

Dear 2011 Runners, Walkers and Potential Sponsors:

Northfield Ministries is hosting our first annual 5K Race at our Cumberland Home, 189 Old Buckingham Road, Cumberland, VA, on Saturday, May 7, 2011. *Race to Break Free* is an event designed to raise awareness of the needs of young women who struggle with eating disorder and raise funds to complete renovations on the Cumberland Home. With over 9500 square feet on a 49 acre property, the Northfield Cumberland Home will soon be a residential treatment facility for young women experiencing eating disorder, depression, self-harm and in some cases, unplanned pregnancy.

We are nearly complete with our renovations and are working hard to open our doors. With your help, the proceeds from this year's race will be used to

- » Complete remaining renovations on the home, including roofing and drain field improvements
- » Hire and train staff
- » Open the home for full-time residents
- » Begin offering weekend programs for non-residents.

The attached flyer details several ways in which you can help. We are seeking the following support from businesses and individuals:

- » Runners and walkers! We encourage both individuals and teams.
- » Race, shirt and prize sponsors
- » Raffle item donations
- » Goody bag donations

You may register online, [www.northfieldfoundation.org/race](http://www.northfieldfoundation.org/race) by mailing payment via the attached flyer. All checks are payable to Northfield Ministries, a 501(c)3 non-profit organization, ID #32-0159010. You will receive a tax receipt for all donations. If you have questions or need additional information, please contact Catherine Boyle, Race Chairperson, (804)243-2002 or [northfieldevents@gmail.com](mailto:northfieldevents@gmail.com).

So mark your calendars for May 7, and get ready for a great race on a great course to support a great cause.

Sincerely,

Catherine Boyle  
Northfield Ministries  
Race to Break Free Chairperson