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### **Running for a Reason Receives Grant for Young People's Community Impact**

*Grant will support youth group's commitment to improving quality of life through leadership, good health, ingenuity and community service*

**March 21, 2006– Palo Alto CA** – Running for a Reason (R4R), a school-based club that combines non-competitive running, charity giving and fundraising activities benefiting Hospice of the Valley, was awarded a grant from Youth Venture. R4R was founded by two sisters and their younger brother, Katie, Julia and Sam Ransohoff, ages sixteen, fourteen and twelve, respectively, who are students in Palo Alto and Menlo Park, CA. The grant reaffirms young people's commitment to service and improving their neighborhoods and communities.

Youth Venture's grant will be used towards purchasing web software tools to further develop R4R's website, [www.runningforareason.org](http://www.runningforareason.org), that promotes their commitment to improving quality of life through leadership, ingenuity and community impact by combining teamwork with non-varsity, non-competitive athletics. R4R focuses on running and good health, while fundraising to benefit Hospice of the Valley, the oldest community-based hospice in Santa Clara County that provides compassionate end-of-life care to adults and children facing life-limiting illnesses. R4R's fundraising emphasis is on the children and their families Hospice of the Valley has the privilege to serve.

"This new venture teams model promises to make a tremendous difference in the communities, and we are proud to help them get started," said Stephen Lehtonen, Program Associate at Youth Venture.

"We feel that R4R is a great way to combine the team sport dynamic with fundraising and I am thrilled that Youth Venture is supporting us in spreading our club model both nationally and internationally," says Katie Ransohoff, age sixteen, co-founder and co-chair of Running for a Reason.

"Youth Venture provides a unique opportunity for young people, so they may channel their leadership, creativity, and energy in a way that provides a direct impact and long-lasting benefit to our community," added Julia Ransohoff, age fourteen, co-founder and co-chair of Running for a Reason.

"When my sister, brother and I started Running for a Reason in 2003, there were only three of us," said Katie. "Today, there are over 20 running members age eleven to seventeen and we're coached by volunteer elite runners formerly from Stanford, the Impala Racing Team and the Nike Farm Team. "The club meets and runs weekly and we also learn about sports psychology and good nutrition," added Julia.

In November 2004, nominated by Hospice of the Valley in recognition of their philanthropic work and community service, Julia, Katie and Castilleja High School were honored at the Association of Fundraising Professional's National Philanthropy Day Luncheon for fundraising efforts by youth.

Since 2003, Running for a Reason has raised over \$2,800 to support Hospice of the Valley's mission to provide high quality home-based hospice care and grief support for terminally ill children and their loved ones in Santa Clara County.

"R4R chose Hospice of the Valley because of its invaluable work with both the dying and the living," said Katie Ransohoff. It is our hope that support for hospice care for a child, given by children, will make a difference at the end of the life of a child, and that death does not go unnoticed by the living."

"R4R's continued efforts and support will allow Hospice of the Valley to continue to expand our ability to provide high-quality patient care to terminally ill children and their families, regardless of ability to pay," said Sally Adelus, executive director of Hospice of the Valley. It will also allow us to expand our outreach into the community to provide compassionate grief counseling to teens and children in Santa Clara County. Every contribution greatly helps to sustain and ensure the availability of future hospice services and programs to patients and their families who are in need."

New venture teams presented their ideas to a Youth Venture selection panel in this past summer. The selection panel consisted of panelists from Youth Venture's program associates and advisors.

#### **About Youth Venture**

Youth Venture is a national not-for-profit organization that invests in young people as changemakers by providing the tools and support they need to create, lead, and launch organizations, clubs, or businesses ("ventures") that make a difference in the community. Participation is available to youth between the ages of 12-20. For more information, visit [www.youthventure.org](http://www.youthventure.org)

#### **About Running for a Reason**

Founded in 2003 by Julia, Katie and Sam Ransohoff, Running for a Reason is a school-based club that combines non-competitive running, charity giving, fundraising and commitment to community service. For more information, visit [www.runningforareason.org](http://www.runningforareason.org)

#### **About Hospice of the Valley**

Hospice of the Valley (HOV), the oldest community-based, public benefit hospice in Santa Clara County, has provided compassionate end-of-life care and bereavement support for over 23,000 people since 1979. HOV provides in-home, skilled nursing facility and adult living facility visits, including nurse case management with 24-hour, 7-day-a-week on call service; expert pain control and symptom management; a family-centered plan of patient care which embraces comfort and support; an interdisciplinary team approach, including medical, social, psychological, spiritual, volunteer and bereavement services for the family; a Children's Grief Counseling program, specializing in age-appropriate counseling for clients from ages 4 through 18 and a community grief center for anyone experiencing a loss. *Transitions*, a volunteer-based community service program, designed to enhance the quality of life for individuals and their families facing life-limiting illness, provides clients with emotional support, education and practical assistance, is sponsored by Hospice of the Valley and funded by community grants and donations. HOV is a member of the California State Hospice and Palliative Care Association and the National Hospice and Palliative Care Organization and is a United Way Agency. Call Hospice of the Valley at (408) 947-1233 and for *Transitions*, call (408) 367-4200 or visit [www.hospicevalley.org](http://www.hospicevalley.org)

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