



50-MILE RUN SUPPORTING SHALEM'S MINISTRY TO YOUNG ADULTS

Ed Poling, a graduate of Shalem's Spiritual Guidance Program and Leading Contemplative Prayer Groups & Retreats Program as well as a member of Shalem's Society for Contemplative Leadership, will be running 50 miles on Saturday, November 22, 2014 to raise funds for Shalem's young adult programs and participation. You are invited to support this important work with him.

THE RUN: The JFK 50-Mile Run is the oldest ultra-marathon in America, first run in 1963, the year of the death of the President. The course is a point-to-point “horseshoe” configuration running along the mountains and valleys of western Maryland. The race begins at 5:00 AM and runners have 14 hours to complete the course.

THE CAUSE: Money raised will support *young adult programs and young adult participation* at the Shalem Institute for Spiritual Formation. Shalem is very committed to today's young adults, and Shalem's programs provide a spiritual depth not easily found elsewhere. They attract individuals from across the vocational spectrum and offer authentic spiritual community as well as concrete help in living a more compassionate, Spirit-led life. Donations will allow Shalem to encourage and support this population of spiritual seekers, who in turn will help shape a life-giving culture and society in the new century ahead. The Shalem Institute itself has been a resource for prayer and spiritual deepening for over 40 years and has earned a reputation for assisting people in developing a deeper spirituality in their work and personal lives.



THE RUNNER: Ed Poling has been a life-long runner. He enjoys his early morning jogs, part of his daily quiet time, which keeps him in touch with his Maker, Sustainer, Redeemer. He looks forward to the challenge of running with over 1,000 runners from all over the country in a daylong event. The only competition is with himself to complete the event in the prescribed time. There is a common bond that forms among the runners much like community. The joy is in participating and in being present to the wonders of the day.

DONATIONS: We have set an ambitious goal of \$10,000 for this run. All monies raised will go to the Shalem Institute. You can pledge a specific amount per mile or designate a total gift for this run. Checks should be made out to *Shalem* and designated “50-Mile Run.” Please fill out the pledge form at the bottom, detach, and send to Shalem, 3025 Fourth Street, NE, Suite 22, Washington, DC 20017. Or you can go online to donate at www.Shalem.org. All supporters will receive a written account of the run experience in early December. *Thank you for prayerfully considering this opportunity to support the Shalem Institute's ministry.*



_____ Yes, I want to support Ed in the JFK 50-Mile Run to support Shalem's ministry to young adults.
(Make check payable to “Shalem” for “50-Mile Run.”)

Sign me up for \$ _____ a mile or a total gift of \$ _____.

Name _____ Phone _____

Address _____

City _____ State _____ Zip _____

Email _____