

Subject: 2008 March Jack's Fund E-Newsletter



Jack H. Marston II Melanoma Fund E-mail Newsletter

March 2008

Strength. Passion. Focus.

[Click here for the 2007 "This Run's For Jack" Picture Gallery](#)

Where has your Jack's Fund t-shirt been?

- Beach – Mountains – College – Africa – Australia -
Send your pictures to: info@jacksfund.org

Remember to Pack the Sunscreen:

With spring break just around the corner, your family might be heading off to either a warm tropical beach or a snowy mountain resort to do a little skiing or snowboarding. In either case, remember to pack the sunscreen. The Skin Cancer Foundation advises to wear sunscreen that is SPF 15 or greater and re-apply often, wear goggles or UV-blocking sunglasses with wraparound or large frames to protect your eyelids and drink plenty of water to avoid dehydration from the sun.

Did you know the sun's ultraviolet rays are just as dangerous in the snow and high altitudes as they are at the beach? According to the Skin Cancer Foundation, UV exposure increases about 8 to 10 percent for every 1,000 feet of elevation. So if you park for lunch and sun yourself at 11,000 feet above sea level, you will burn after just 6 minutes of unprotected sun exposure. Same day, same time in Orlando, it would take 14 minutes to burn. In addition, snow reflects about 80 percent of the ultraviolet light from the sun, meaning snow lovers get UV from all directions.



Calling all Chicago and New York Bound Marathoners

Jack's Marathon Team 08 is now forming to run these marathons. Jack's



Team provides the tools you need to run a successful marathon: structure, coaching, support, a worthy goal and accountability.



Strength. Passion. Focus. This unique 26.2 version of “SPF” marks Jack’s Marathon Team members as they join the fight against the deadliest form of skin cancer.

Jack’s Team Goes to Boston

On April 21, 2008 the 112th Boston Marathon will include a 6 member team with a common goal: to join in the fight against melanoma. We are truly grateful for their participation and their strength, passion and focus as they have worked through a grueling winter to prepare. Each Jack’s Marathon Team member has set a personal goal to raise \$2500 for Jack’s Fund. Please consider supporting these runners as they bring our message to Boston. To make a donation to support an individual team member click here

www.active.com/donate/JMTBOSTON

Michael Albrecht - Glen Ellyn, IL

Michael ran his first marathon on the inaugural Jack’s Team in Chicago ‘05 and was the first to join Jack’s Team Boston. (Thanks, Michael, for having such a pioneer spirit.) Michael has always had a special connection to Jack’s Fund.

Carolyn Anderson - Chicago, IL

Carolyn is participating in “The Road to Boston” training program theroadtoboston@rcn.com In addition to her marathon training, she is also training hard to become certified as a personal trainer.

Steve Cote - Overland Park, KS

Steve earned his spot on Jack’s Team Boston by being our top fundraiser for Chicago ‘07. (\$7215.00) Steve runs in memory of his son, Ben, who lost his battle with cancer in September of last year. Ben and his Dad continue to inspire many with the ways they chose to face such adversity with courage and grace.

Mary Beth and Paul Fournier - Chicago

Mary Beth found us on the CARA (Chicago Area Runner’s Association) website and she and Paul grabbed the chance to run Boston together. Newly married, they share the same passion for running. From what Mary Beth tells us, Paul is the “go to” guy if you advice is needed from an experienced marathoner. He recently finished back to back marathons (same weekend) in California as a warm up for Boston-WOW!



Patrick McCloskey - Glen Ellyn, IL

A Glen Ellyn Running Club connection sparked Patrick's interest to join Jack's Team Boston. Patrick also embraces a passion for running and has a personal connection to the Marston family through baseball.



SAVE THE DATE: "This Run's For Jack"

Sunday, October 19, 2008

Ackerman Park, Glen Ellyn

New: Team Challenges and Incentive Awards.

[Click here for the 2007 "This Run's For Jack" Picture Gallery](#)



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