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**FOR IMMEDIATE RELEASE**

**RUNNING FOR THE KIDS**

Don Rutledge Takes on the New York City Marathon for the Zajac Ranch for Children

When Don Rutledge announced to family and friends at a Christmas party in his West Vancouver home that he had entered the 2008 New York City Marathon, the reaction was less than flattering – most of the assembled guests thought he was joking. When it became clear he wasn't, they told him outright that he'd never make it.

But Rutledge is determined to make it – not for himself, but for the kids at the Zajac Ranch for Children. The self-confessed out-of-shape smoker who “enjoys the odd cocktail” has vowed to do some serious training for the New York City Marathon with the goal of raising over \$1million for the Zajac Ranch for Children.

Located in Mission, BC, the Zajac Ranch for Children welcomes kids with chronic illnesses and disabilities, kids that other camps can't accommodate because of their physical, cognitive, or behavioural challenges. Campers go kayaking, ride horses, and soar 30 feet in the air on a high ropes course, all while receiving the medical care they need – from daily medications to dialysis – at the 24 hour on-site “OK Corral” Medical Centre.

So, on January 1, Rutledge threw away the cigarettes, swore off the booze, and started an intensive training program supervised by a personal trainer and physician. He's even fit training into his incredibly busy schedule, running while on business trips in England, Spain, and Venezuela. And he's realizing that the switch to a healthy lifestyle is going to be a more meaningful experience than he'd ever imagined. His wife Leslie says it's already changed her life and the lives of their family for the better.

And with the help of the pledges Rutledge is gathering (182 and counting), it will also make a difference in the lives of hundreds of children with special medical needs.

To follow Don's progress and learn more about the Zajac Ranch for Children, visit [www.zajacranch.com](http://www.zajacranch.com).

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For more information about Don's run for the kids, or to schedule an interview with Don and Leslie Rutledge, please contact Christina Tinson at the Zajac Foundation at 604.739.0444 or [Christina@zajac.com](mailto:Christina@zajac.com).