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Dear Mr. and Mrs. Houghton,

My name is Brendan Mullen and I am West Point classmate of your son, Andrew.

Last fall, on a whim, I decided to run the Marine Corps Marathon in Washington, DC. Knowing full well that I would need some extra motivation in miles 20 to 26, I decided to run in your son's honor, along with three other West Point friends that were killed in Iraq. I created a small sign in Microsoft PowerPoint in their honor and safety pinned the sign to the back of my tee-shirt.

As my muscles began to cramp and my will waned in miles 23-26, the memories of your son and his contagious smile help propel me and other runners through the agony and pain to the complete the marathon.

Several months later, I decided, again on a whim, to run the ING Miami Marathon, and decided to wear the same sign on my back for motivation and in your son's honor. This time I beat my personal best time and again used the memory of your son to help me get through the finish line as the Florida heat was quite unbearable.

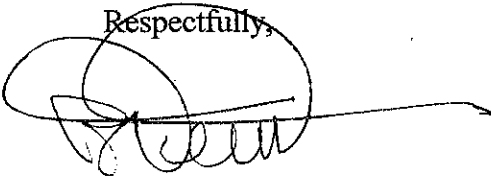
Last week, I received in the mail the 2007 ING Miami Marathon official results. I quickly flipped through the magazine, and as I almost tossed it out, my finger landed on page 43 and I took notice of a small picture, and said to myself, "Wow, I have that picture on my fridge. Wait a second! That is a picture of my back."

Evidently and unbeknownst to me, a photographer saw the small the sign on my back and decided to take a few snap shots of it. ING then decided to print the photograph in their magazine.

Attached you will find the magazine and on page 43 you will see the picture—I figured you'd enjoy seeing it—as it not only brought me motivation and strength, but I know it helped other runners in both marathons overcome an incredible physical obstacle.

I still continue to think and pray for your son and all of the soldiers and their families that currently serving in overseas. I hope this letter finds you well and I hope enjoy the picture.

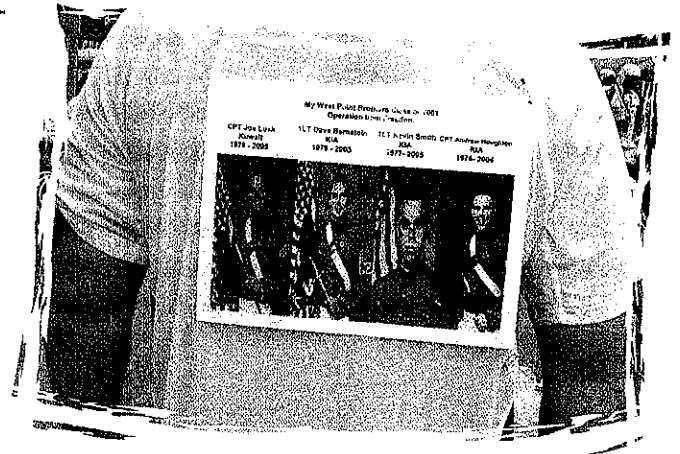
Respectfully,



Brendan Mullen
Class of 2001

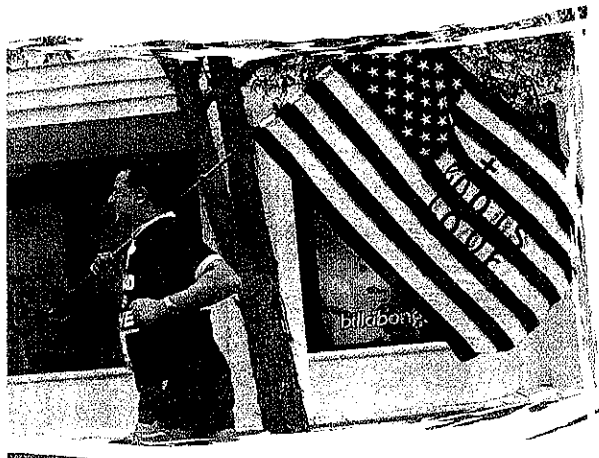
RUNNING FOR A CAUSE

Charities and fundraisers have become a major part of the running/walking movement, assisting in the recruitment of people who would never think they could complete a marathon or half marathon. However, by giving people a reason to run outside of self fulfillment and satisfaction, the number of "First Timers" and charity runners has grown and so to has the sport. In 2007, the ING Miami Marathon® hosted numerous charity groups, fundraising teams, and individuals running for a cause, something more than running to say "I completed a marathon."



These motivated athletes have become a core group, seeking gratification by running to help find a cure, dedicating months of training and hard work to honor a loved one, or just running in support of a loved one during their first marathon. Those of you, who competed in 2007 in support of something or someone else, should be commended for their dedication to competing on behalf of those who could not.

More than 300 runners came from across the country with the National Aids Marathon Training Program to help find a cure for the HIV/Aids Virus, 26 runners from Chai Lifeline helped raise over \$140,000 for children with Cancer and other threatening diseases, and hundreds more came out to run for PanCan (cure for Pancreatic Cancer), autism, diabetes, paralysis and other important charity groups. At the same time, individuals ran adorned with pictures of loved ones serving in the military and those lost protecting our country. And for some people, like Maureen (see picture) she had



someone at her side to help her get

through her first.

This page is dedicated to the runner who had a reason to run beyond getting healthy, improving your time, or just finishing a race.



For more information on charities and training programs for the ING Miami Marathon and Half Marathon®, go to www.ingmiamimarathon.com.