

**Annual Worldwide 24-Hour Runathon
to Raise Awareness & Money for Health & Giving**

Milwaukee, WI – Throughout the year leading up to this unique and inspirational event, people across the globe train, fundraise, and spread the word about the [Annual Worldwide 24-hour Runathon to Raise Awareness and Money for Health and Giving](#) in a unified global action of raising awareness of health and giving throughout the planet. On Saturday August 23rd, many are doing something active (walking, running, biking, swimming, etc.) for a time period or distance of their choice. Many more are donating money to - or raising money for - whatever good cause they choose. Many others are spreading the word about the event, and its purpose, in any way they can imagine. Some are training to challenge themselves to do something they have never done, which also helps increase the awareness of health in others, and motivate others to donate. Some, such as Thomas Budde, Ph.D. – Founder/Operator of theGIVEshirt.com, are doing all of the above! Dr. Budde, who is also the Creator and Organizer of the Runathon, is running all 24 hours non-stop from Midnight to Midnight in Milwaukee, WI, USA.

The Annual Worldwide 24-Hour Runathon to Raise Awareness & Money for Health & Giving is an international event. People across the globe are joining to increase health awareness in numerous geographical regions, and fundraising for a wide variety of charities. “This is unlike any other athletic event because everyone in the world can participate,” Budde clarifies. “Even if you cannot come to Milwaukee or cannot run, you can still help raise awareness for health and giving, and raise money, regardless of your physical location or abilities.” Budde is motivated by inspiring everyone to be happier and healthier, including by giving more.

Dean Karnazes, “The Ultramarathon Man”, also supports this event. Karno Kids - the Runathon’s primary benefiting partner - inspires youth to live healthy and active lives to help prevent increasingly common medical complications, such as obesity and diabetes. “This is certainly a cause I’m excited to support,” says Karnazes, “...and we are very grateful to serve as a benefiting partner.” The Executive Director of the Karno Kids Foundation, J.T. Service, states “This idea is so simple and yet still carries powerful potential. All you need to do is run and ask your friends to make a donation for health and giving.”

TV’s “The Biggest Loser” Season 5 At Home Winner Bernie Salazar has also supported the GIVE shirt movement for many years. “Together we give hope to others, and make our world a healthier and better place, by participating in the Runathon however we can, wherever we are,” says Salazar, who is also running. “I’m honored to help spread the mission of the GIVE shirt movement.”

In 2007 Budde founded theGIVEshirt.com – a 100% Volunteer-Operated and entirely non-profit 501c3 charity increasing the global consciousness of giving, largely by distributing clothing printed with the word “give” and giving all proceeds to numerous other charities. “When people see the word ‘give’ they think more about giving,” Budde, a psychologist, explains. “As we give more, we feel so much better. Those to whom we give start giving more, and they also become happier and healthier. Thus, gradually the world is becoming a more giving, and therefore happier, healthier, and better place.”

Budde is also running 24 hours non-stop to raise money. “Many were donating their time, but it was challenging to raise the funds necessary to operate the GIVE shirt movement,” says Budde. “I thought if I literally ran all day and night maybe that would inspire people to give.”

And it has. To join Budde, Dean Karnazes, Bernie Salazar, and many others throughout the world in this epic adventure, visit www.theGIVEshirt.com for more information, and to Register – it’s FREE! Please click the “Donate” button on the home page, or email your *Pre-Committed Pledge Amount per mile* to theGIVEshirt@gmail.com. Please mail Checks to “theGIVEshirt.com” or “Karno Kids” to 1075 E. Connie Lane, Oak Creek, WI 53154. Thank you.