

What You Can Do

While I will be putting foot to ground, there is also a role for you. Become a sponsor, buy a T-shirt, read the blog, make a donation! There is a donation form below. Send money. And please spread the word! We want to have as significant an impact as possible in an effort to help end this terrible epidemic.

Name _____

Organization _____

Address _____

City _____

State _____ Zip _____

Home phone _____

Work phone _____

Fax _____

Email _____

Here is my donation of \$ _____

Check enclosed (payable to "Black AIDS Institute")

Charge my: Visa MasterCard Amex

Card number _____

Expires _____

Signature _____

We must have the cardholder's name and address as it appears on your bill. If it is different from the above, please provide it separately.

Return to:
Black AIDS Institute
1833 West Eighth Street #200
Los Angeles, California 90057-4920
www.BlackAIDS.org
213-353-3610



The Black AIDS Institute is a 501(c)(3) non-profit organization. Your voluntary contribution is tax-deductible to the extent allowed by law. Social services permit on file. See you on the road!

The Route

Day 1	Oakland to Pacifica	24.47 miles
Day 2	Pacifica to Pescadero	31.57 miles
Day 3	Pescadero to Santa Cruz	36.46 miles
Day 4	Santa Cruz to Monterey	41.79 miles
Day 5	Monterey to Big Sur	28.11 miles
Day 6	Big Sur to Lucia	25.70 miles
Day 7	Lucia to San Simeon	39.22 miles
Day 8	San Simeon to San Luis Obispo	41.67 miles
Day 9	San Luis Obispo to Santa Maria	37.91 miles
Day 10	Santa Maria to Lompoc	27.00 miles
Day 11	Lompoc to Santa Barbara	51.55 miles
Day 12	Santa Barbara to Ventura	31.33 miles
Day 13	Ventura to Malibu	36.43 miles
Day 14	Malibu to South Los Angeles	32.99 miles
		Total: 489.2 miles
		Daily Average: 34.94 miles

My Running Partner



LEJON BOUDREAUX has been running for the better part of his 30 years on the planet. Most recently, he ran the 2006 and 2007 Big Sur Marathons, the 2007 San Diego Marathon and is currently slotted to run the 2007 Tahoe Triple Marathon. He makes his home in San Francisco where he is employed by the U.S. Air Force.

My Crew

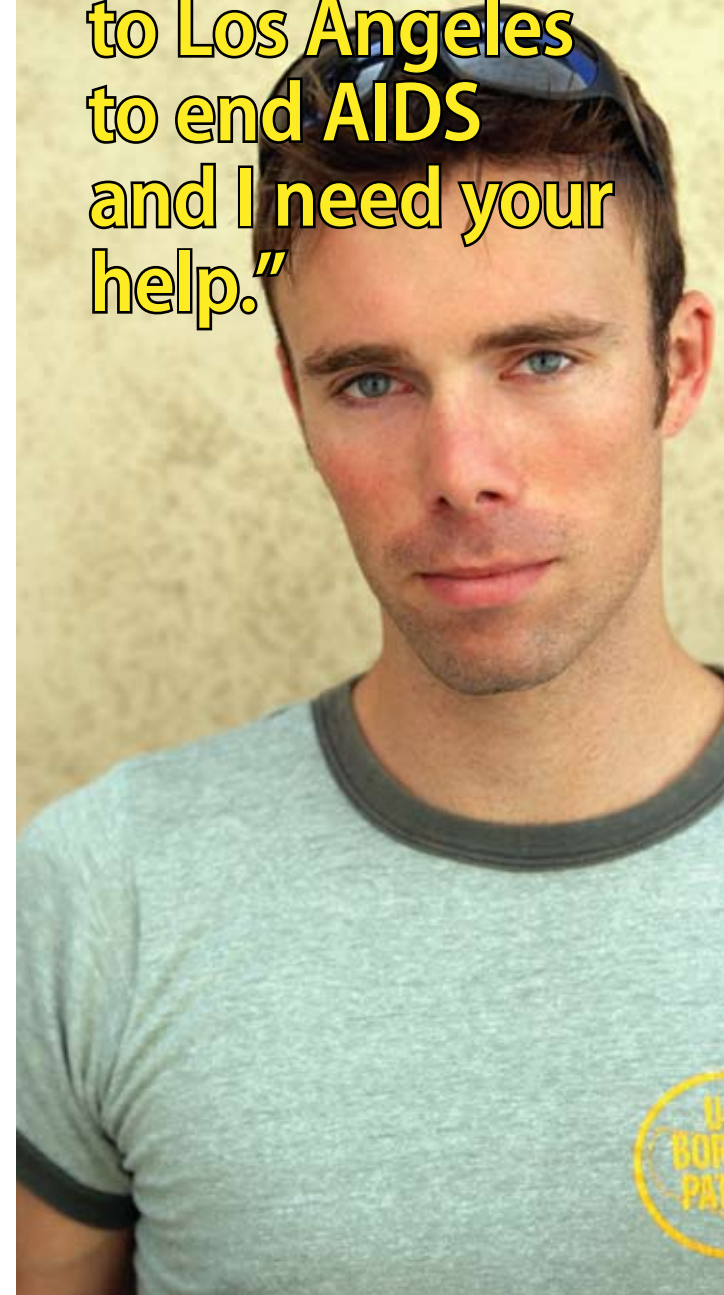


ANNE CORDING, M.S., R.D., provides one-on-one nutrition counseling to clients, coordinates nutritionists at multiple sites and presents programs on a variety of nutrition-based topics. She is a nutritionist with Los Angeles-based New Performance, a firm that manages corporate nutrition programs, including one for a local Fortune 100 company.



ARTURO EVERITT is a professional photographer specializing in celebrities, musicians and advertising. But he is also a welder, a mechanic, first aid provider and a chef—among other things. His jack-of-all-trades background makes him the perfect crew chief. The 41-year-old was born and raised in Mexico, but now lives in Los Angeles.

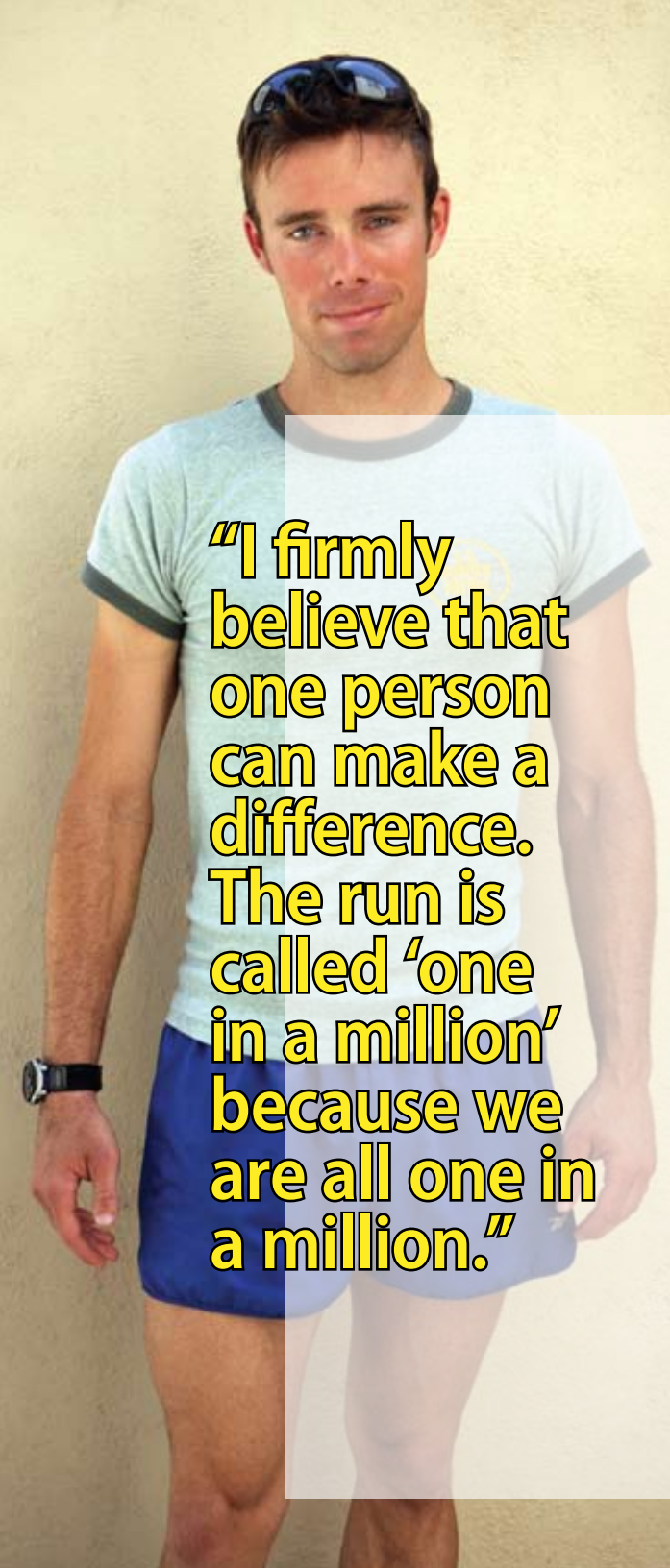
"I'm running from the Golden Gate Bridge to Los Angeles to end AIDS and I need your help."



"The AIDS epidemic looks very different today than it did when I got infected 26 years ago. Many of us made a promise not to stop fighting until it was over. Mike Sacco is trying to keep that promise. In my book, he is truly one in a million."

—Phill Wilson, Executive Director, Black AIDS Institute

The 510-mile trip will start on December 1 and end two weeks later on December 14, 2007



"I firmly believe that one person can make a difference. The run is called 'one in a million' because we are all one in a million."

What I Want to Do

My name is Mike Sacco and I'm 26 years old. I have always loved the outdoors. When I was younger, my running team picked up trash on our runs to beautify the environment. When I moved west some four years ago, I was immediately taken with the ocean and the coastline.

It has been a dream of mine since my move here to run from Oakland to Los Angeles. Recently I decided to combine my love of running with the desire to help the world and the people around me. I have very strong feelings about the AIDS epidemic and the fact that we all need to do our part to bring it to an end. When I found myself in a position to help a wonderful AIDS organization financially, in terms of exposure and in raising AIDS awareness, I presented my idea to Lejon Boudreaux, my running partner. He said "yes." It was on!

The 490-mile trip will kick off World AIDS Day activities on December 1 and end two weeks later on December 14, 2007. At the end of each day, we will participate in a variety of local activities. Our goals are to raise money to end the AIDS epidemic and to reach at least one million people with messages about HIV testing, treatment and stigma. We will speak to people about the importance of each person taking part in this critical fight in their own individual way.

Can't Do It Alone

Although Lejon and I will run the entire course, others will participate in one or more of the legs. The caloric and nutritional demands of this event are significant. Anne Cording will be acting as nutritionist/personal trainer, designing nutrition programs to support the

primary runners at every leg of the run. Arturo Everitt will be acting as crew chief.

We will chronicle each day's run and evening activities in words and pictures. These writings and images will be available on a daily blog.

Who I am and Why I Want to Do It

I have completed multiple runs in excess of 40 miles, including one from Kenosha, Wisconsin to downtown Chicago. Currently, I am a student in biology at California State University, Los Angeles. I went back to school because I wanted to help effect a positive change in the world around us. I firmly believe that one person can make a difference. In fact, it's often the work of one person that leads to change. The run is called one in a million because we are all one in a million.

It was in this same vein that the idea for this run was hatched. I wanted to take a trip which I had been dreaming of attempting for years and use it to help people who really needed it. I spoke to numerous non-profit organizations and charitable groups, and in the end was led by a friend to the Black AIDS Institute. I was truly impressed with the work they do and have done. I was also very excited about the message that we could send by working together.

All of us—Anne, Arturo, Lejon and I—are committed to sending the message that this is everyone's problem and when it all comes down to it we are all fighting the same battle. So regardless of race, sexuality, income or geography, we all need to work together. I am truly excited about this event and what it means to me.