



Dear Friends,

It has been nearly 18 years since Jill and I adopted our twin sons, Elliott and Jacob and created a family. Today, our home and our lives would not be complete without them. Few people realize that nearly 60% of Americans are touched by adoption in some way.

The path to adoption is not always easy. It is for this reason that I have chosen to dedicate my next race, Ironman Lake Placid on July 28, 2013 to raise awareness and funds for Forever Families Through Adoption (FFTA). FFTA is a non-profit 501c3 adoption placement agency and resource center in Westchester County, NY www.foreverfamiliesthroughadoption.org which believes every child has the right to grow up in a loving, nurturing, secure, and forever home. They work with families and pregnant women to ensure a smooth and successful adoption and I am proud to be on their Board of Directors.

Adoption enabled us to create our family. But like the Ironman, the road to adoption can be a challenging one. The process stirs up a mix of emotions ranging from uncertainty and frustration to excitement and pure joy. There are times it seems like you'll never reach your dream. Both the Ironman race and the adoption process require you to dig deep, to persevere — especially when things get tough. Most of all, both are a journey made possible by the love and support of family and friends like you.

I am making a huge commitment to train for the Ironman and to raise money and awareness for a cause so close to my heart. Each stroke in the water (covering 2.4 miles), each push of the pedal (covering 112 miles), and each foot to the pavement (covering 26.2 miles) will bring me closer to my goal, but it will only happen with your love and support. I will cover the 140.6 miles, sometimes struggling, knowing that your support will be helping me reach the finish line. I ask you to please take a moment to donate <http://ironman.kintera.org/lakeplacid2013/samkarliner>.

Your donation will help other people to create their forever family. My promise to you is that I will bring you along on my Ironman journey.

With sincerest thanks,

Sam Karliner

FFTA is so honored and proud that Sam has chosen us as his charity for this year's Ironman event. Please consider a donation of any size to encourage Sam to push forward with this grueling, but rewarding undertaking and to help FFTA to continue the important service we provide to the community and those in need.