

# Help Sam Karliner Support

**Forever Families Through Adoption, Inc.**

## One Step At A Time



**IRONMAN**  
**LAKE PLACID**



**Sunday, July 25<sup>th</sup>, 2021**

**Please help in supporting and donating to FFTA. Sam will do the 140.6 miles of swimming, biking, and running. We need you to spread the word to all your friends and families... Send an email to your contacts, tell them about your involvement with adoption and FFTA and share your personal story.**



**Learn more about Sam and Ironman and donate thru the link below:**

<https://ironmanfoundation.donordrive.com/index.cfm?fuseaction=donorDrive.participant&participantID=2623>