



## John's Story- Continued

Last month's blast began chronicling the story and training of Helping Up's John Lippold. His story left off with a high profile take-down of his "highly lucrative, covert business illegally selling prescription medication." For three years, John found himself wrapped up in an escalating addiction to alcohol, drugs and money. As the cops threw him in the back of a squad car, he feared life as he knew it was about to change. In July of 2009, he was set up by a woman with whom he worked regularly. Not only was she wired, but she had been given marked bills which provided enough evidence to arrest him on 13 counts of indictment. John was released on bail, but investigators continued to press the woman who exposed everything needed to build a case for a 53 count felony indictment. Eight days later, the cops busted into his house, seized his possessions and arrested him without bail.



Handed a 25 years sentence, John was now looking at a much different future. Fortunately, the judge offered him the opportunity to enroll in a program at Helping Up. Having earned 40 days of "good time," John was released in August 2010 with 72 hours to show up at the proposed program. Unable to face his friends and family at home, he checked into a hotel for two days and without even utilizing all 72 hours of independence, he showed up at the 1023 building on Baltimore Street to become a resident of the Helping Up Mission program.

When asked to reflect on the past two years of his life, John said that he didn't lose faith in people so much as he lost faith in the judicial system and himself. He said that "if I saw that woman who turned me in today, I'd shake her hand and thank her for saving my life," a perspective only gained through his time at HUM spent reconnecting with his personal savior. It has been a struggle to find a love for and confidence in himself. Throughout the judicial proceedings, he claims the state sought every opportunity to prove he was nothing more than a menace to society. If not for the lawyer who understood the nature of his addictions, he would most likely not be at Helping Up today.

Now a month into training, the miles are getting longer and the plan more rigorous. Despite the hardest the cold weather and winter elements that ensue, he's still on pace to run his sub-four marathon, which averages out to

about nine minute miles. John still identifies the best part of his training to be the team that surrounds him. “No matter what kind of mood you wake up in, my teammates raise my spirits. People like Mike DiJulia – my training coach who pushes me, or Pam and Hilde really help me to continue moving forward.”

Check back next month for the conclusion to John’s story as well as his outlook for his May 15th marathon!

## BOMF's Second Annual Sneaker Day and Birthday Campaign!

During the month of March, Back on My Feet will kick off our birthday celebration with our [Second Annual Sneaker Day](#) on **March 16, 2011!** Last year, our success was visible when Mayor Stephanie Rawlings-Blake celebrated her 40th birthday and the one-year anniversary of Back on My Feet by participating with nearly 200 members and volunteers in an early morning run in downtown Baltimore. Sneaker Day provides a fun opportunity to get your company involved by taking a break from uncomfortable work shoes and wearing their sneakers to work instead, all in the name of supporting Back on My Feet!



To get your company involved in this year's Second Annual Back on My Feet Sneaker Day and Birthday Campaign, visit our [website](#), or email [Cathryn@backonmyfeet.org](mailto:Cathryn@backonmyfeet.org)

Additionally, [Maryland Athletic Club](#) has partnered with BOMF to help us celebrate our 2nd Birthday! Active members can use the MAC during the week of March 14th – March 20th. On Wednesday March 16th, our actual birthday run will start with a circle-up at MCVET and finish at the MAC to celebrate with bagels, juice and cupcakes!

## Nikia's Nippy Nor'easter Half-Marathon and Relay



The Back on My Feet [Nikia's Nippy Nor'easter Half Marathon & Relay](#) is back for the second year and is already over halfway full! [Register](#) for

your spot before the price increases February 18th! All-Star spots vying for real estate on the race premium are still up for grabs.

Please contact Jackie

[Jackie@Backonmyfeet.org](mailto:Jackie@Backonmyfeet.org) or visit our

## Baltimore 10-Miler

Back on My Feet is now gearing up for the [Baltimore 10 Miler](#) on **June 18, 2011!** Registration opens March 1, and is expected to sell out in less than a month.



Come join the Back on My Feet Baltimore 10 Miler FundRacing team as an individual or with your own team. Run alongside members, volunteers, and supporters to experience the inspiration that comes from helping someone achieve more than just a 10-mile goal!

Email [Cathryn@backonmyfeet.org](mailto:Cathryn@backonmyfeet.org) to register to run with Back on My Feet today!

[website](#) for more information.

Can't make it to the race? No problem! Click here to [Donate Now!](#)

---

## Dallas-Fort Worth Chapter Launched on February 14

MCVET Alum Charlie Tiller gave an eloquent account of his story, and offered a great deal of sage advice for those Dallas-Fort Worth members who began their BOMF journey on Monday February 14th. As a football star whose path led him to the military and finally to MCVET in Baltimore, running became an integral part of his life when his doctor diagnosed him as "morbidly obese." BOMF not only helped him lose over 60 pounds and manage his diabetes, but he passionately recounted how his team has made him a better, more gentle, more social person and has inspired within him a great deal of hope for the optimism that now lies in his future.



Read more about the Dallas-Fort Worth launch [HERE](#)

---

## Follow BOMF on Facebook

Keep up with all the latest Back on My Feet news and events by following us on our [Back on My Feet Baltimore page!](#)

---

© 2011 Copyright Back on My Feet.

Back on My Feet is a 501(c)(3) organization.

Our tax-id number is 26-2109809

[Privacy Policy](#) | [Terms of Use](#)

[Forward email](#)



This email was sent to [info@backonmyfeet.org](mailto:info@backonmyfeet.org) by [info@backonmyfeet.org](mailto:info@backonmyfeet.org) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Back on My Feet | 1520 Locust Street | Suite 804 | Philadelphia | PA | 19102