



# Coyote Chronicle

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## Run Like a Mother 5K races to aid those in need

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By **Gregory Gammill** | Staff Writer|

The first annual Run Like a Mother 5K took place this past weekend on Nov. 5 to assist women and children of color raise money and support for two non-profit organizations in our community.

Over the weekend, more than 200 participants showed up with their running shoes on, ready to run to make a difference in the lives of others.

The participants this past weekend came together as one and put together over \$1500 which will be divided out equally between the two organizations.

Our own Health Science and Human Ecology (HSCI) department and Eta Sigma Gamma (ESG) sorority put together this 5k to benefit Soul Food for Your Baby and the Time For Change Foundation (TFC).

Soul Food for Your Baby's mission is to revive breastfeeding among African American women through their change, culturally competent media, community outreach and education.

TFC is an organization whose mission, since 2002, is to empower disenfranchised homeless individuals and low-income families; continuing their evidence-based programs, providing housing to build self-sufficiency and thriving communities.

The students from ESG and HSCI 404 contributed to the overall planning and implementing the guidelines of the event to benefit the individuals for the 5k.

Dr. Nicole Henley and Dr. Angie Denisse Otiniano Verissimo of our HSCI department were the two individuals who orchestrated this race to help with raising money and awareness for the families and people involved.



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“We are sponsoring this event to raise funds for two very important non-profit organizations in our community who are doing great work for women of color and children,” said Dr. Henley.

“The day of the event we had about four volunteers from Upward Bound and about 10 from CSUSB Outdoors that came out to support the race,” said Dr. Verissimo

Both of these organizations seek change in a broken community that will benefit from this charitable run as they try to make San Bernardino a better place for families to grow and live.

The foundation goes through 12 evidence-based programs that will help contribute to their client’s overall progression toward self-sufficiency when they are faced with the challenge of living on their own.

“I can say that we have helped over 900 homeless women and child to reach that self-sufficiency,” said Perez.

“You can call our offices at (909) 886-2994 or visit our website at [www.Timeforchange.org](http://www.Timeforchange.org), if you want to get involved with a good cause,” said Perez.

The success of this years event will be continued each fall quarter annually to raise awareness and money for those individuals and families who are seeking help.

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