

## **FOR IMMEDIATE RELEASE**

October 29, 2009 | Washington, DC

Sarah Stanley of <http://SarahStanleyInspired.com>, ultra marathon runner and elite female athlete, was interviewed on ACMI (Arlington Community Media, Inc. TV) for "College Life" October 23, 2009. During the "College Life" TV appearance, Sarah Stanley shares with college students the discipline and training required for ultra marathon preparation and completion, and the importance of always believing in your dreams.

Sarah is an elite female athlete and her main passion is running (marathons & ultras). She has competed 100 mile races, as well as several marathons (sometimes running those on back-to-back weekends). She is an entrepreneur, ultra marathon runner, social media maven, speaker, writer and is regularly sought after for real, practical, down-to-earth and inspirational advice about fitness, life, and never giving up on your dreams.

Sarah Stanley also ran in the Marine Corps Marathon for Luke's Wings (<http://Lukeswings.org>) on October 25, 2009. Luke's Wings is a non-profit organization providing travel planning services and airplane tickets for the families of wounded warriors currently hospitalized at medical and rehabilitation centers all over the country.

Sarah has inspired and continues to inspire kids and adults around the country. Her sheer motivation and drive to empower kids and enable them to feel they HAVE the ability to achieve anything they put their mind to is admirable.

As a sponsor of Sarah Stanley, S2H.COM enables individuals to be rewarded for their physical activity, challenge other users, earn status on the leaderboards, and interact socially with the S2H.COM community. You'll see her wearing the S2H wrist band while she runs!

The Cherry Marketing Institute (<http://www.choosecherries.com>), "Powered By Red" is also Sarah's sponsor. Follow Sarah's marathon preparations on Twitter @ChooseCherries and @SarahStanley; on Facebook at [Facebook.com/ChooseCherries](https://www.facebook.com/ChooseCherries) and [Facebook.com/SarahStanleyInspired](https://www.facebook.com/SarahStanleyInspired) and at her website [SarahStanleyInspired.com](http://SarahStanleyInspired.com).

Sarah raises funds for <http://www.thedisposableheroesproject.com> and [www.lukeswings.org](http://www.lukeswings.org)

As a social media athlete, Sarah twitters while running from her Blackberry! Stay in touch during the race by following her at @SarahStanley on Twitter.com.

For additional information on Sarah's Media Schedule and Mission, please visit her website at <http://SarahStanleyInspired.com>, or call Kate Saunders at Success Aligned Marketing at 888-766-1465 <http://successalignedmarketing.com>.