

RUN FORWARD. GIVE BACK.

miles with meaning.



RACE UPDATES

We are less than a year out from the in-person event (woot! woot!), but we are logging miles and checking off events with our virtual options.

Did you know that **2 out of 3** preeclampsia/HELLP survivors will die from cardiovascular disease? We want our survivors and everyone to stay heart healthy, which is why we have year round options! Learn more about how to stay heart healthy:

www.preeclampsia.org/heart-disease-stroke



Why is it named the 140 over 90 Run?

During pregnancy and up to 6 weeks postpartum, women are at-risk of developing preeclampsia and the biggest red flag is a blood pressure reading of **140/90 or higher**.



RACE EVENTS

Virtual Events:

- 5k
- 140 Miles in 90 Days
- 140 Miles in 90 Hours
- 4 Pack Bundle -
 - 4 x 140 Miles in 90 Days
- Big Heart Bundle-
 - 4 Pack PLUS in person 5k

5k in Melbourne:

June 19, 2021



MAMA MISSION

Have you seen that we feature our mamas on Facebook and Instagram? If you want to be featured, please email Victoria at vtbuker@gmail.com.

We welcome all mamas—survivors, no matter where you are in your journey, babies in arms and in heart, and mamas with a passion for health.

WHERE ARE THE FUNDS GOING?

Your miles are important for the future of preeclampsia and current moms & babies.

The first \$20,000 we raise will go towards a Vision Grant with the Preeclampsia Foundation to help with ground-breaking research.

Anything over \$20,000, will go towards The Cuff Project, to provide women access to life-saving blood pressure cuffs.

We would love to see \$40,000 net raised for our Inaugural year and then grow every year thereafter! WE CAN DO IT!



WE NEED YOUR HELP!

Help us reach our goal. We need Charity Runners and Sponsors.

Charity Runners:

www.14Over90run.com/become-a-charity-runner

Sponsors:

www.14Over90run.com/sponsors



Current Favorite Oatmeal:
Banana Walnut



AN ODE TO OATMEAL, AND AN INTRODUCTION....

Hi! I'm Liz, and I am a volunteer with 140 Over 90 Run. I signed on to help manage volunteers, but when Victoria asked me to share some recipes, I couldn't say no! Food is one of my favorite hobbies. Some people crochet, I'm learning to make all my favorite foods. In each edition of this newsletter, you'll get a heart-healthy food feature from me!

For our first newsletter (YAY!) I thought breakfast seemed appropriate, and what better way to get some fiber and protein in the morning than oatmeal. My favorite is steel cut oats, but don't forget refrigerator overnight oats, or baked oatmeal.

Here's how I wake up to hot and ready steel cut oats: Before bed, put 1 cup steel cut oats in your slow cooker with 4 cups of water. Turn it on low for 8 hours, and get a good night's sleep knowing breakfast is one less thing to worry about in the morning!

Check out the photo collage for some topping ideas. What's your favorite?

Tag me on Insta @liztrue



A NOTE FROM OUR FOUNDER & RACE DIRECTOR

I just want to personally say THANK YOU for signing up, running, and advocating for better maternal health care. Everyday, I connect and chat with women who share a similar story to mine. One where we were ignored or not given the full details of our disease nor given the lifelong implications.

I created this event to promote a healthy lifestyle, to give back to the Preeclampsia Foundation, but also to serve as another connection point for survivors and advocates.

So thank you, from the bottom of my heart, for being here. For logging miles. And for having fun, while saving lives.

Follow my training
on Instagram:
@vtbuker

August Issue:

Research Update

Training Tips

Liz's Food Corner

Yoga Pose of the Month

Fundraising Tips

xoxo,

VICTORIA



140over90Run



140over90Run