

FOR IMMEDIATE RELEASE

Kristie Moore

631-981-7711

li2daymedia@optonline.net

World-Renowned Ultra Runner Alicja Barahona and Firefighter and NYC Marathoner, Murat Turk Ran the First Annual Hamptons Marathon TWICE to Raise Awareness and Funds for the Long Island 2 Day Breast Cancer Walk.

HAUPPAUGE, NEW YORK, SEPTEMBER 30, 2007 — Long before the sun came up in East Hampton, New York on Saturday, September 29, 2007, Alicja Barahona, an “Extreme Athlete” and Murat Turk, a Pocantico Hills, NY, Firefighter were off and running to raise awareness and funds for the LI2Day Breast Cancer Walk. On the cusp of Breast Cancer Awareness Month, Barahona and Turk vowed to run the Inaugural Hamptons Marathon TWICE to benefit LI2DAY, a not-for-profit that raises money to assist Long Islanders affected by breast cancer. As the other participants were arriving, Barahona and Turk were finishing the first half of their 53-mile run and would join the rest of the marathoners for the official start at 8:30 a.m. Alicja and Murat arrived to mile 18 a little after 11 a.m. to receive accolades and encouragement from the LI2DAY water table and later crossed the finish line just before 1 p.m. – completing their 53-mile run in 9 hours and 15 minutes.

For many, the Hamptons Marathon was a race that tested stamina and personal resolve, but for Murat Turk it was a way to honor his mother’s memory as the date marked the one-year anniversary of her death from breast cancer. LI2DAY Executive Director, Ginny Salerno said, “The high prevalence of breast cancer on Long Island is alarming and Alicja and Murat realize that those who are affected by this dreadful disease need our help now.” Salerno congratulated and thanked both of them for supporting LI2DAY. After the finish when asked how he felt, Murat replied, “I started feeling pain after 49 miles and I immediately thought about people suffering with breast cancer and the pain they must endure so I said to myself this is temporary, it is NOT life threatening and that is what helped me through. Running to help people was a great feeling and to see the support on the course – a great experience I will never forget!” Alicja is no stranger to LI2DAY and long distance running. Salerno said, “Alicja utilized her “extreme” athleticism and notoriety to raise awareness and funds for LI2DAY in April 2007 where she ran 120 miles non-stop over 2-days from Montauk Point to North Woodmere Park and overseas in May 2007, with her 145-mile non-stop run from Birmingham to London.” Salerno added, “Alicja’s and Murat’s selfless act and the generosity of their supporters enables more Long Islanders to receive assistance through LI2DAY funded programs.” LI2DAY relies on the generosity of others to make donations so local families can receive help with medical expenses, transportation, prosthetics and wigs, physical therapy, babysitters, scientific research and education. For more information or to make a donation in Alicja Barahona and/or Murat Turk’s names, please visit www.li2daywalk.org.

LI2DAY members volunteered to man a water table along the route and included Board of Directors, Stephanie Sciara Glaser, Vice

President, Planning Committee Members, Liz Etheredge and Kristie Moore, as well as, Patti Kozlowski from North Shore Neighbors Breast Cancer Coalition, which is a 2007 LI2DAY Beneficiary. All the runners who passed mile 18 received much needed encouragement as they entered the hilly portion of the race. The group was glad to be apart of the first Hamptons Marathon and to have the opportunity to congratulate Alicja and Murat' for their efforts to raise awareness and funds for LI2DAY. Congratulations to the LI2DAY Board Members who participated in the half-marathon and included Ginny Salerno, Executive Director, Mike Polansky, Secretary, Michael Salerno, Director and 2-year LI2DAY volunteer, Judy Moore

About Runner, Alicja Barahona

Alicja Barahona is a pharmaceutical scientist. She was born in Poland and lived in Canada before becoming a US citizen. Before beginning her running career, Alicja was a strong and successful tennis player. In 1996, Alicja began running and soon discovered that she excelled at "extreme" distance running. She participates in numerous world-class races and over the years has achieved notable triumphs. In addition to equally grueling races in less extreme climates, Alicja has raced through the frigid Alaskan winter and the intense heat of the Sahara – testing her physical endurance and mental stamina as she searches to discover the abilities and limits of her mind and body. In 2005, she was the overall winner among women and men in the 555-kilometer Saharan race in Niger, Africa. She is a two-time winner of the 350-mile Alaskan race and in 2005, she was the sole running finisher.

About Murat Turk

Murat Turk is a Computer Consultant and IT Manager of Laptop Magazine. He competed in Judo many years before he started running distance races. Turk earned his black belt in Judo under Katsuo Watanabe and practiced Mixed Martial Arts under UFC Fighter Sean Alvarez. He ran his first marathon in 1996 and completed 20 marathons, including the Leadville Trail Marathon at 14,000 feet altitude. Murat ran the NYC Marathon to raise money for his Pocantico fire department, finishing in 4 hours, 38 minutes – a record time for firemen wearing full turnout gear. In 2008, he plans to run famous the Leadville 100 mile trail race. Ultra distance running is relatively new for Murat. He happily trains with Alicja Barahona at the Rockefeller Preserve.

About LI2Day Breast Cancer Walk

The LI2Day Walk to Fight Breast Cancer is a 501(c)(3) not-for-profit organization founded in 2004. LI2DAY awards 100% of the funds raised by the participants for awareness and education; screening and diagnosis; access to treatment; support services such as medical expenses, prosthetics and wigs, babysitting; physical therapy; scholarships and scientific research. Since its inception in 2004, LI2DAY has raised and awarded more than \$1.4 Million Dollars to local breast cancer nonprofit organizations, Cold Spring Harbor Laboratory and the LI2Day Scholarship Fund. An impressive \$400,000 was raised this year. To date, \$45,000 in scholarships has been awarded to Long Island High School seniors who reside with a parent affected by breast cancer. In addition to the 35-mile, 2-day walk, funds are raised through a variety of special events.

For further information, call 631-863-2DAY (2329) or visit www.li2daywalk.org .

Visit www.sahararunner.com to support Barahona and Turk's fundraising effort.