



**THE PRESIDENT'S COUNCIL
ON PHYSICAL FITNESS
AND SPORTS**

January 31, 2007

Mr. Stan Cottrell
4619 Westhampton Drive
Tucker, GA 30084

Dear Mr. Cottrell:

On behalf of the President's Council on Physical Fitness and Sports (PCPFS), I commend you for developing The Great China-USA Friendship Run.

As the world follows the progress of The Great China-USA Friendship Run, the benefits of fitness for all members of society will be demonstrated. Global events such as this one certainly help to center the spotlight on the importance physical activity, fitness and sports can play in creating international friendships and building bridges between diverse cultures.

Also, an international event like yours can be a powerful motivator and help individuals from all walks of life realize that people can remain active through all stages of their lives. As children observe their parents, neighbors and friends being active, they learn first-hand through these role models that physical activity can make a difference in the health habits of those around them. Healthy role models are particularly critical now that obesity and diseases of sedentary life have become epidemic.

The PCPFS appreciates the time and effort you have put into developing The Great China-USA Friendship Run. I am certain that it will benefit countless individuals as the events unfold.

Have a safe, exciting and memorable journey!

Sincerely,

Melissa Johnson, M.S.
Executive Director