

TAKING IT TO THE STREETS WITH

Back on My Feet

by Johnathan Shur



It's a typical Tuesday morning. I wake up at five am, roll out of bed, kiss my wife and daughter, put on my running clothes, say goodbye to the dog, and I am off- running through the streets of Philadelphia.

When I first read about Back on My Feet I remember thinking, this is exactly what Philadelphia needs- someone who does not ignore the homeless problem, but rather engages these people, and lends a hand of support in the form of positive motivation and running. I contacted Anne and inquired how I could get involved with the program. She invited me to join them during their next run.

I was excited, a bit skeptical, and very curious to not only meet these homeless guys, but run with them. I arrived at 5:30 am on the Rescue Mission at the corner of 13th and Vine. Anne was not there yet, but the participants of the Back on My Feet Program were. I introduced myself to each member. Each guy was friendly, welcoming, and eager to talk with me about running. As we stretched together we continued our conversations as more members of the program arrived. Each one shook my hand and introduced themselves to me as they passed by. As I talked to these guys I could not help thinking to myself, this is completely amazing; the same guys who I pass each morning while running were now going to be running with me.

Anne arrived, high-fived each guy, talked with each one for a while, and then we were off. Today's goal 2.5 miles. As we ran we talked about various topics: the city of Philadelphia, the weather, running, family, and the overall goals each person had. The general attitude

Jonathon and Jennifer Shur *My usual route, which takes me through Center City, Philadelphia is dark, cold, and empty, except of course for the numerous homeless people that I pass. At five in the morning the streets are littered with homeless; some sleeping, some are awake, others waive to me, and many beg for change as I pass by. After living in Philadelphia for the past ten years I am somewhat numb to this situation. However, as I pass by I can't help to think to myself how and why these people ended up like this and is there anything that I can do to make a positive impact in the fight to end homelessness in Philadelphia? Enter Anne Mahlum and the Back on My Feet program.*



Jonathon and Jennifer with daughter, Harley.

was extremely positive filled with motivation, enthusiasm, and drive to achieve certain goals and used running as the device to do so. Some of the guys told me how they quit smoking since they started the program and others talked of someday being able to run up the Art Museum steps "like Rocky." While we were running side-by-side, these guys weren't homeless; they were individuals with opinions, personalities, and goals. We laughed, encouraged one another, and talked on the way back to the shelter. As we finished, some guys were completely exhausted, while others seemed to have enough stamina to do the run again.

I said my good-byes, and was off, back to my world. The rest of the day I kept thinking of my new acquaintances and the joy and happiness that they exuded while running. I also thought that this program was exactly what these guys needed to help regain their self confidence and help them get back on their feet. I have been running with them ever since, and have seen their determination and enthusiasm increase each run. This program is truly remarkable and gives the homeless community of Philadelphia exactly what they need- a goal, a reason to believe in themselves and a reminder that they can get back on their feet and out of homelessness.

Jonathan Shur is thirty-one years old and a Philadelphia resident, marathoner and sports marketing professional. He and his wife Jennifer have a lovely daughter, Harley, and dog named Mookie.

Well Being
Unique
Spa Services
610-494-3220



Happy Holidays!

Colon Hydrotherapy	\$ 55.00	1 Session
	\$155.00	3 Sessions
	\$550.00	12 Sessions
Contouring Bodywrap	\$ 55.00	1 Session
	\$135.00	3 Sessions

Gift Certificates & More!!!



www.simplesteps2health.net
3 E. Dutton Mill Road Aston, PA 19014

Merry Christmas

make Someone VERY Happy
this holiday Season...



GIVE THE GIFT OF MASSAGE

Gift Certificates available BUY 4, GET 1 FREE!

PURCHASE FOUR GIFT CERTIFICATES AT THE REGULAR RATE OF \$45/HOUR FOR SWEDISH MASSAGE OR \$55/HOUR FOR PFRIMMER DEEP MUSCLE THERAPY MASSAGE, & RECEIVE THE 5TH ONE FREE!

Give a gift you know they'll love and save one for yourself!


VISA and MasterCard accepted



BENSALEM MUSCLE THERAPY

Janice E. Malloy, RN, MS, CMT, CPDPT, CMMT
Muscle and Soft Tissue Pain Specialist
1950 Street Road, Suite 318, Bensalem, PA 19020
215-244-1999 | www.bensalem-muscletherapy.pgg.com

The only full service Pilates Studio in
Huntingdon Valley!



PILATES

by Linda & Co.

- ~ Offers private and semi-private sessions
- ~ Offers the best in area of small group classes
- ~ 17 group classes weekly....mat fusion strength training based on Pilates principles reformer roller and stretch
- ~ Only studio in area offering group reformer classes
- ~ All teachers extensively trained and certified
- ~ Pilates for golf™ certified ~ Quality instruction
- ~ Class size small so can give individual attention in all classes
- ~ Reasonable rates ~ Balanced Body equipment

2655 Philmont Ave. | Suite 102 | Huntingdon Valley, PA
215.947.5510