

## **Ultramarathon Runner Stu Mittleman is Running 12 Marathons in 12 Days to Raise Money For Haiti**

*Stu Mittleman, the well known ultramarathon runner, is raising money again, this time for trouble stricken Haiti by running 12 marathons in 12 days. The 59 year old started this gruelling run for charity on March 9th, 2010.*

March 12, 2010 (FPRC) -- Palm Desert, California – Stu Mittleman, the world record-setting endurance athlete and ultramarathon runner, is pleased to announce that he has started his charity event where he will run 12 marathons in 12 days to raise money for the earthquake victims in Haiti.

Stu began this journey on Tuesday March 9th, 2010 in Palm Desert where Stu started running on a treadmill at the Indian Wells Tennis Center, where he is also the Fitness director. Now in his second day Stu is keen to go the distance and raise as much money as he can.

Stu Mittleman is no stranger to raising money by running marathons. In the summer of 2000, he embarked on a 3,000-mile journey from San Diego to New York City and raised over \$125,000 for the Anthony Robbins Foundation and the Aubrey Fund (for paediatric cancer research). Stu completed this epic journey in just 56 days which means he ran two marathons a day for 56 days straight. This Haiti event also celebrates the ten year anniversary of Stu's Journey across America.

“We all have something to contribute to this world and when I saw the disaster in Haiti I knew that I had to do something for the earthquake victims there” said Stu Mittleman before starting his first run. “It is my honor to run these miles knowing that each footstep will help someone.”

Stu is well known for his record breaking running. Recently he was inducted into the American Ultrarunning Hall of Fame citing him as the best-ever all-around American ultrarunner. Stu smashed into the ultramarathon world in 1980 when he started winning national-class events in record breaking times. That year, he won the New York Road Runners Club's 100 mile with the second fastest time ever by an American, 13:04:09.

### **About Stu Mittleman**

As well as being a fundraiser and world record-setting endurance athlete, Stu is also a personal fitness coach to celebrities (including Tony Robbins) corporate spokesperson, motivational speaker and author of the book - Slow Burn: Slow Down, Burn Fat. Mittleman holds two master's degrees in movement and social science and set a world record by running 1,000 miles in eleven days. Since 1991, he has been a featured guest speaker at Anthony Robbins's Mastery University.

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