

WOMEN'S SPORTS FOUNDATION

Meredith Dolhare

Racing to advance the lives of girls and women
through sports and physical activity.



WORTH THE HURT™



About Meredith Dolhare

Meredith Dolhare is a 38-year-old mother of two boys. A few years ago she was sitting at home lamenting about a recent foot surgery. A former competitive youth tennis player and student athlete at ULCA and Vanderbilt, she was frustrated by her injury and the fact she was not as active as she used to be.

Her husband encouraged her by saying, “You just need to set a goal — something to look forward to when you are better. Do a race or something when it is healed.” Her response, “Fine. You know what? I’m going to do an Ironman,” which is a race consisting of a 2.4 mile swim, 112 mile bike and 26.2 mile run. Since that day in 2008, Meredith has completed 12 Ironman competitions.

Today, Meredith is an avid ultra endurance athlete who races to raise funds for non-profits that make a difference. In 2012, Meredith is raising money and awareness about the Women’s Sports Foundation, a national non-profit that advances the lives of girls and women through sports and physical activity. She will also set a new record in the Guinness Book of World Records for the most Ironman competitions completed by a woman in one year, including five races in consecutive weekends.



“I would not be the self-assured, undaunted by challenges woman I am today without the Women’s Sports Foundation, who advocated for me at a young age while I was playing competitive tennis, and changed societal expectations in a crucial era.

They really paved the way, and I would like to pay them back by supporting them through Worth the Hurt. So many young girls still need a push to get active, and it is imperative that they do.”

— Meredith Dolhare

About Worth the Hurt



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“Worth the Hurt” began as an inspired description of the famously hilly and scenic San Francisco Marathon, but in 2012, the event has turned into a distinct challenge, and a new model of charitable giving. On July 29, 2012, The Wipro San Francisco Marathon will welcome six of running’s most prolific fund-raisers in an audacious challenge: to run the marathon twice, back-to-back.

The 52.4-mile endeavor is only the starting point for Worth the Hurt — a ground-breaking model for charitable fundraising development. The six athletes are aiming to raise as much as \$1,000,000 throughout the year. The athletes will fundraise not only for the ultra-marathon, but throughout the calendar year.

Meredith Dolhare, one of the six Worth the Hurt athletes, selected the Women’s Sports Foundation as her charity of choice as a way to give back to the organization for all they did to advocate for her as a young female athlete and to promote their continued work to get girls active.

About the Women's Sports Foundation

The Women's Sports Foundation, founded by Billie Jean King in 1974, is the leader in promoting sports, health and education for girls and women. The Foundation continues to have a profound impact on female athletics, from its vigorous advocacy of Title IX legislation to providing grants and scholarships, grassroots programs for underserved girls, and groundbreaking research.

Developing Female Leaders for the 21st Century

The Women's Sports Foundation believes that inspired, engaged, active girls and women are better able to reach their personal and professional goals.

- Through sports, girls learn important life lessons such as confidence, to be assertive, take criticism and make decisions.
- If a girl does not participate in sports by the time she is 10, there is only a 10% chance she will participate when she is 25.
- Girls who play sports in high school go further in their education and are more likely to work full-time, including non-traditional careers, such as science, law and medicine.
- Girls active in sports during adolescence and young adulthood are 20% less likely to get breast cancer later in life.



WSF Audiences

In order to meet our goal, the Foundation talks to many audiences. For each audience, we are working to build specific programs to help meet our end goal: to inspire and empower girls and women around the world through sports and physical activity.

Elementary School Girls



Middle School Girls



High School Girls



Elite Athletes



Women



Moms & Dads



Coaches & Administrators



Society



Support sports programs that empower girls and women to find their true potential

Advocate for and create social change for girls and women through sports

WSF Programs

Reaching Underserved Youth

GoGirlGo!



Celebrating Achievement

Annual Salute to Women in Sports



Fulfilling Athletic Potential

The Travel & Training Fund



Measuring Impact

Sport, Health, Research & Policy Center for Women and Girls



**WOMEN'S
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Women's Sports Foundation is dedicated to providing all girls and women with greater access to sports and physical activity and Title IX plays an integral role in our mission and programs.

June 23, 2012, marks the 40th anniversary of the legislation.



Meredith's 2012 Race Schedule



- Boston Marathon, April 16
- Ironman Regensburg, June 17*
- Ironman France, June 24*
- Ironman Austria, July 1*
- Frankfurter Ironman European Championships, July 8*
- Ironman Switzerland, July 15*
- **Worth The Hurt Double Marathon, July 29**
- Ironman U.S. Championships (NYC), August 12
- Ironman Louisville, August 26
- Ironman Wisconsin, September 9
- Ironman Florida, November 3
- Ironman Arizona, November 18
- *Additional races will be added*

* Meredith will compete in five (5) consecutive Ironman sanctioned competitions. This will be the first time in history this has been completed by a woman or a man.

**WOMEN'S
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W  **ORTH** **THE** **HURT** TM

Toward a brighter future.

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