

To: Judayah Murray, News 12 judayahmurray@news12.com

Subj: For Judayah Murray: Exclusive on Inspiring Story of Young Jersey Shore Runner

Dear Ms. Murray,

To become a runner, Shea Cody had to walk first. Now a runner of 8 years, Shea began her running journey as someone who hated to exercise. When Shea started to run, she walked along trails at local parks in Monmouth County, New Jersey. She slowly started to build up her stamina and ran a little bit at a time. She ran cross country and track in high school, and went on to run cross country at the Division II university, Pace University. Many people may feel overwhelmed by the idea of running for many miles, but Shea's story can make running seem less daunting.

Shea's story of how she became a runner would be inspiring to many people to start their own journey with running, and fit nicely into your "On A Positive Note" series. I like that this series provides stories for people that need a positive light during this time. Your ability to create these uplifting stories is clear through "On A Positive Note".

We are providing this story exclusively to you and News 12, so please let us know at your earliest convenience, but no later than May 8. I am happy to provide you with any additional materials you may need, including an interview with Shea and her friends and family. I have attached a link to a Google Drive folder with photos and videos. My direct phone line is 401-XXX-XXXX.

I will call you next week to see if there is any assistance you may need with the story. Thank you for your consideration.

Sincerely,

Grace Cody

Google Drive Link:

<https://drive.google.com/open?id=15CykYqvD73dNmBRVuWH6Wzf5zDMWBSeq>