



INSIDE THE HUDDLE

2024 YEAR IN REVIEW







From Tedy Bruschi's personal stroke comeback story to 20 years of crossing finish lines, Tedy's Team has turned marathon miles into millions of dollars raised for stroke and heart disease research, awareness and survivor assistance. Every step we take brings us closer to preventing heart disease and stroke.

**JOIN US TO TURN IMPOSSIBLE ODDS
INTO INCREDIBLE COMEBACKS.**

**DONATE TODAY AT [TEDYSTEAM.ORG](https://tedysteam.org)
OR BY USING THE ENCLOSED ENVELOPE**

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MESSAGE FROM TEDY & HEIDI

To our Tedy's Team family,

It has been another incredible year, and we are truly thankful for all your support.

This year we were welcomed back as official charity partners of the Boston Marathon® presented by Bank of America and the TCS New York City Marathon, while also having the honor of being a part of the Chicago Marathon with our first ever team.

These events helped us to support more survivors, fund groundbreaking research, educate the community on the warning signs of stroke and heart attack, and how to live a healthy lifestyle. It also gave us the opportunity to form new meaningful relationships to help ensure we continue our important mission.

Over the years, Tedy's Team has become a huge part of our life, and as we enter our 20th year as an organization, we look back on all that we have been able to do to make an impact in the fight against stroke and heart disease. None of this would have been possible without your support.

With Heart,
Tedy & Heidi Bruschi

Tedy Heidi

SUPPORT OUR MISSION

Thanks to the dedication and support of our Tedy's Team participants, sponsors, donors and volunteers, we are able to make great strides in the fight against stroke and heart disease.

The generosity of our donors gives us the opportunity to continue to make an impact in our communities by raising life-saving funds for stroke education, awareness and research.



OTHER WAYS TO GIVE

MEMORIALS & TRIBUTES

Gifts in Memorial or Gifts in Tribute are a powerful way to honor or remember a loved one, friend, or colleague by supporting Tedy's Team's mission. Your meaningful gift allows Tedy's Team to provide funds for life-saving research, advocacy, education, awareness and financial assistance for survivors and caregivers.

TAX-EFFICIENT GIFTS

You can make an impact on Tedy's Team's mission through these easy and tax-efficient giving options:

- **Donor Advised Funds:** Give through your donor advised fund to maximize your impact in the fight against stroke and heart disease. Your fund sponsor handles all record-keeping, disbursements, and tax receipts.

- **Individual Retirement Account (IRA):** If you or a family member are 70½ or older with an IRA, you can transfer a gift directly without incurring tax consequences.
- **Life Income Gifts:** Earn income for yourself or beneficiaries when you create a Charitable Gift Annuity (CGA) or Charitable Remainder Trust (CRT) to benefit Tedy's Team.
- **Stock/Securities:** Make a gift of stock or securities to support Tedy's Team's mission and you can avoid capital gains tax on the appreciation of your stock.
- **Beneficiary Plans:** You can also designate Tedy's Team as a full or partial beneficiary of your retirement, bank, or investment accounts. Simply contact your plan administrator to request a beneficiary designation form.

Please contact elizabeth@tedysteam.org for more information, or to let us know if you have recently made one of these gifts.

IN-KIND DONATIONS

We at Tedy's Team are always looking at ways to minimize our bottom line so we can give more back towards our mission. This allows us to fund more life-saving research, advocate for stroke and heart disease related issues, educate people on how to live longer, healthier lives, create awareness for the warning signs of stroke and heart disease and to financially support survivors and caregivers based on need.

In order to do these things out in our community, we need to raise funds, and for us, that happens through events we put on or participate in. With events, comes expenses and if we minimize those expenses, we can be better stewards of our donor dollar.

That is where businesses and individuals like you can assist. Please reach out to elizabeth@tedysteam.org for more information.

SEASON BREAKDOWN

2024 FUNDRAISING RECAP

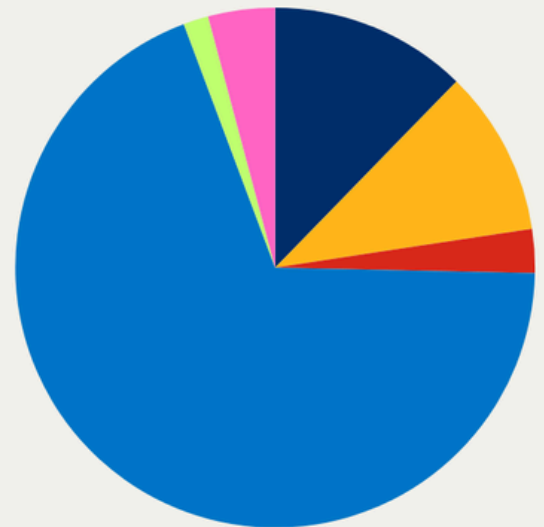
This past Fiscal Year (FY2024) for Tedy's Team, which ran from July 1, 2023 through June 30, 2024, was an extremely successful one.

We are thrilled to share that this FY we raised a total of \$920,000 in the fight against heart disease and stroke.

This was possible due to the following events:

- 2023 TCS New York City Marathon
- 2024 Disneyland Half Marathon Weekend
- 2024 United Airlines NYC Half Marathon
- 2024 Boston Marathon
- 2024 Trillium 5K
- General Donations

THANK YOU to each of our runners, volunteers, and supporters for your dedication to our mission. We look forward to another successful year ahead!



\$10M MILESTONE

Thanks to the generous support of our community over the last 19 years, Tedy's Team has raised more than \$10 million in the fight against stroke and heart disease.

This incredible milestone has provided us with many opportunities to not only raise awareness of stroke and heart disease, but also to fund lifesaving research and education, survivor and caregiver support, and much more.

MISSION

COMEBACK ASSISTANCE PROGRAM UPDATE

Meet our newest CAP recipient:



Amelia D., 13, Massachusetts

At just 13 years old, Amelia is a 3-time stroke survivor.

In July of 2018, when Amelia was 7 years old, she suffered an ischemic stroke and was diagnosed with large inoperable arteriovenous malformation (AVM).

In August of 2023, Amelia had an AVM rupture and two strokes, followed by 4 brain surgeries, and significant medical complications. She came home last October in a wheelchair with limited walking ability, and no movement in her left arm and hand.

Through CAP, Tedy's Team has funded Amelia by covering the cost of her WalkAide, which helps to improve her gait, as well as the cost of her physical therapy twice a week

“We are extremely appreciative of the support that Tedy’s Team has provided Amelia this past year. It’s had a significant impact on her early stroke recovery.”

- Meighan, Amelia’s Mom

Over the last year, Amelia has made incredible progress in her comeback in the following ways:

- Regained some movement and strength in her arm and hand
- Significantly improved balance and coordination
- Improved mechanics of walking and strength in foot (less foot drop)
- Improved strength in all muscle groups, improved trunk control and better posture

These improvements have increased her safety and ability around her home, at school, and in her community. Amelia is also able to take the stairs at home and school, more comfortable walking in her neighborhood with friends, and she has even been able to return her wheelchair.





TEDY'S TEAM CENTER OF EXCELLENCE IN STROKE RECOVERY UPDATE

In 2024, the Tedy's Team Center of Excellence in Stroke Recovery at MGH Institute of Health Professions (IHP) made outstanding progress across its three pillars: Community Outreach, Stroke Research, and Rehabilitation Care.

Community Outreach

The Center focused on stroke education, particularly in underserved communities, using bilingual and culturally tailored programming to promote the “BE FAST” message. Collaborations with schools, senior living facilities, and community organizations delivered workshops, health fairs, and multilingual materials. Stroke awareness videos and participation in events like the IHP Community Impact Day further extended the Center's impact.

Stroke Recovery

Researchers published twenty-three peer-reviewed articles on stroke recovery, including studies on motor control vagus nerve stimulation, and post-stroke aphasia. Two NIH-funded studies explored innovative rehabilitation strategies to improve brain function and recovery. The Tedy's Team Stroke Research Fellowship supported faculty projects addressing key issues like fall prevention and home-based therapies while involving stroke survivors as collaborators.

Rehabilitation Care

The Center provided 2,269 pro bono therapy sessions to over sixty stroke survivors, using the “Life Participation Approach” to help clients achieve personal goals and reengage in meaningful activities. Group programs like the Support Group for Caregivers of Stroke Survivors and Rebuilding Identity after Stroke for Stroke Survivors, and events, such as the Art of Recovery Day and Waterfront Wellness Day, promoted social connection and recovery.

The Center co-sponsored the MGH Neurorecovery program’s inaugural Art of Recovery Day of Community on August 26, 2024. This unique event included two arts-based workshops, a facilitated group brainstorming session on improving community engagement, a panel that answered frequent questions after brain injury, and an exhibit hall that displayed relevant resources including Tedy’s Team Center of Excellence in Stroke Recovery education materials. The event brought together a vibrant, caring, and engaged community of patients, families, providers, and researchers committed to understanding and accelerating recovery in innovative ways.



In October the Center held their second annual Waterfront Wellness Day at the New England Aquarium. The event, which was designed to help stroke survivors take meaningful steps in their recovery process, featured a stroll along the Harborwalk, a seated chair yoga class, and access to explore the aquarium. Participants said Wellness Day helps with recovery because it allows for socialization with others who are also dealing with a stroke, gets them out into the community, exposes them to resources they did not know existed, and is motivational. Wellness Day is a collaboration with the Center, the Coalition for a Resilient and Inclusive Waterfront, and the New England Aquarium. After holding the event for the first-time last year, Tedy's Team Center expanded this year's event to include more than twice as many participants and invited other organizations that support stroke survivors to take part.

Client feedback highlighted the life-changing impact of these services, especially for those with limited insurance coverage.

The Tedy's Team Center continues to innovate and empower, advancing stroke recovery science and improving the lives of stroke survivors and their families.





SHIRLEY RYAN ABILITYLAB PARTNERSHIP

Our newest survivor initiative is through our support of the Shirley Ryan AbilityLab in Chicago. This partnership helps to assist stroke and heart survivors, and their families, on their comeback journeys.

Since our Comeback Assistance Program (CAP) was created in 2018, we have heard from hundreds of stroke and heart survivors and their caregivers about the need for more resources, peer mentoring, housing requests, aphasia programs, and more. While CAP is unfortunately not equipped to fund every individual need, we know that helping to fund a successful, existing program, is a step in the right direction to supporting as many stroke and heart survivors as we can.

Through our donation, Tedy's Team will be supporting the below Shirley Ryan AbilityLab programs:

Patient and Family Education

Experiencing a stroke can require a sudden need to understand a broad array of information within a short period of time. Through the Henry B. Betts, MD, LIFE Center, patients, families, and caregivers can access free resources to help them with educational support, including:

- One-on-one and group stroke education sessions, including kid-friendly sessions
- Peer mentoring with former patients and stroke survivors who introduce the possibilities of post-rehabilitation success
- Access to peer-reviewed information on medical care, wellness, employment, transportation, housing and more

Patient and Family Housing

Many stroke and heart patients who travel long distances for Shirley Ryan AbilityLab's care often face practical challenges, such as finding temporary housing that is convenient, accessible and affordable. The Patient & Family Housing program offers qualifying patients and families with accommodations near the hospital, so that they can enjoy the comforts of home while they receive treatment. This helps to remove a significant financial barrier and source of stress while keeping families together, focused on recovery.



Charity Care Fund

Shirley Ryan AbilityLab provides direct financial assistance to patients in need through their Charity Care Fund. Charity Care enables patients to receive the most comprehensive rehabilitation care possible, despite individual financial circumstances. Through its support, the Charity Care Fund gives these adult and pediatric patients access to the complete range of Shirley Ryan AbilityLab's services, including inpatient, outpatient and day rehabilitation.

**A portion of our donation to the Charity Care Fund will be directed towards expanding access by underwriting the cost of Shirley Ryan AbilityLab's Intensive Comprehensive Aphasia Program within its Center for Aphasia Research and Treatment. Despite its value, the Center's evidence-based, pioneering programs are not covered by insurance.





GAME-CHANGING RESEARCH

One of the many ways that Tedy's Team is helping to fund life-saving research is through the Tedy's Team Center of Excellence. A main goal of the Center is to support the advancement of research in the science of stroke recovery and work to disseminate that science to the clinicians who provide care to stroke survivors.

Another way we are funding lifesaving research is in collaboration with the American Heart Association (AHA). Funding research projects that we believe will help make an impact in the fight against stroke and heart disease on a larger scale.

The research grant that we helped to fund this year, through AHA, is a research project taking place at the University of Illinois, Chicago called: Motor and Neurophysiological Changes after Ischemic Conditioning in individuals with Chronic Stroke.

The goal of this research project is to assess changes in brain activity and motor function before and after one session of Ischemic Control which, also known as blood flow restriction and release, is a method that uses a blood pressure cuff to restrict blood flow for 5 minutes then release blood flow for 5 minutes. These measures will explain why motor function is enhanced after Ischemic Control.

This study aligns with our mission to improve heart and brain health by providing evidence for a safe, new, and inexpensive method to modify brain activity for the best improvements in motor function during stroke therapy.

COMMUNITY TEAMWORK

Run Show Boston

For the second year in a row, Tedy's Team was an exhibitor at the Run Show Boston in early 2024. The Run Show is an expo for runners, that brings together inspirational speakers, the latest gear, technology, expert coaches, races and nutrition.

Over the 2-day event, we had a great team of volunteers helping us spread awareness of the stroke warning signs, and the mission of Tedy's Team.

HeartMates

In February 2024, Tedy teamed up with Abbott to promote heart health with Buffalo Bills safety, Damar Hamlin, who suffered a cardiac event during a game in 2022.

During the inaugural Abbott HeartMates Draft Day event in New York, Damar, who is the program ambassador, and Tedy, opened up about their cardiovascular comeback journeys, the importance of supportive teammates, and the benefits of sharing stories.

The HeartMates program creates a community of people impacted by cardiovascular conditions.





Abbott Panel at Chicago Marathon

At the Abbott Health & Fitness Expo during Chicago Marathon Weekend, Tedy's Team alumna and Comeback Assistance Coordinator, Lauren Pino, participated in the "Life to the Fullest," panel discussion presented by Abbott. Lauren joined American distance runner and 1985 Chicago Marathon Champion, Joan Benoit Samuelson on stage to share her story and answer questions about heart health and marathon running.

Wonderfund

Each year, Tedy's Team participates in the Lenox Hotel's toy drive for the Wonderfund. After collecting toys and gifts from our community, we join our friends at the Lenox Hotel to drop off our donations and help them load up the trucks for the Wonderfund.

The Wonderfund works to provide children involved with the Massachusetts Department of Children & Families the opportunities, experiences, and essentials that every child deserves.

This is one of our favorite days of the year. Being able to help provide these children with toys and clothes during the holiday season is something special and we love being a part of it year after year.



RACE DAY HIGHLIGHTS

BOSTON MARATHON® PRESENTED BY BANK OF AMERICA

2024 was our 18th year as members of the Boston Marathon Official Charity Program. Our team of 56 runners, which included 13 survivors of heart disease and/or stroke, raised over \$620,000 for our mission.

This year also marked the 37th year of the official charity program and raised a total of \$45.7 million through the 128th running of the Boston Marathon.

BANK OF AMERICA CHICAGO MARATHON

Tedy's Team participated in the Chicago Marathon for the very first time this year! Our team of 10 runners, 6 of whom were stroke or heart survivors, raised over \$68,000 towards our mission. With the addition of Chicago, Tedy's Team participated in all three United States World Major Marathons this year!

TCS NEW YORK CITY MARATHON

This was our 4th time participating in the TCS NYC Marathon as an official charity. Together, our team of 16 runners raised over \$111,000. Our NYC and Chicago teams trained together over the summer, while raising awareness of our mission, in honor of their loved ones. The TCS NYC Marathon Charity Program has been running since 2006, and 570 official charity partners participated in the 2024 race.



runDisney

During the course of 2024, Tedy's Team participated in 3 separate *runDisney* race weekends - Disneyland Half Marathon, Disneyland Halloween, and Disney Wine & Dine. With a total of 75 runners across all races, these incredible teams raised a combined total of \$142,026 for our mission.

ABBOTT 5K

During the 2024 Chicago Marathon weekend in October, Tedy's Team was selected as the Charity of Choice for the Abbott Chicago 5K. For every runner that crossed the finish line, Tedy's Team received \$2.00, courtesy of Abbott. With 10,000 finishers this year, Tedy's Team received a total donation of \$20,000.

UNITED AIRLINES NYC HALF MARATHON

For our second year participating in this event, we had a small but mighty team of 6! These runners raised a total of \$25,000 towards our mission and had the incredible experience of running through Times Square - only one of the two occasions that it is closed to vehicle traffic.

TRILLIUM 5K

This year, we partnered with Trillium Brewing for the Trillium Spring 5K. With over 700 participants the event raised over \$15,000 for Tedy's Team.



TEAM MVPS

This calendar year, Tedy's Team participated in Disneyland races and all three U.S. Abbott World Marathon Majors for the first time ever! Across these major races, we had 100 teammates, that together raised over \$889,000 towards our mission. We are incredibly proud of the dedication and passion that our runners put into their training, fundraising and awareness efforts. Every dollar raised will help us continue the work that we are doing to make an impact in the fight against stroke and heart disease. Highlighted below are our top fundraisers for each major race, in the order the race took place in the calendar year.

DISNEYLAND 2024



Sue Manero
\$8,004

BOSTON MARATHON 2024



Jennifer Mace
\$35,901

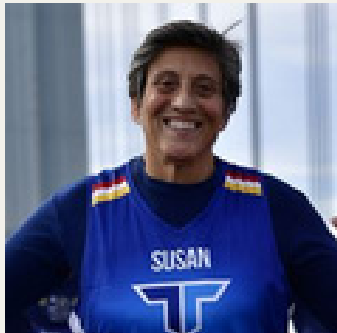


John Maiorino
\$30,580



Scott Lundin
\$23,074

CHICAGO MARATHON 2024



Sue Manero
\$8,373



Tricia Callaway
\$8,279

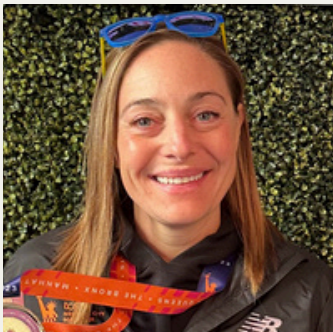


Janet Dyer
\$7,116

NEW YORK CITY MARATHON 2024



Eddie Melara
\$10,350



Christine Pelletier
\$9,721



Jason Manis
\$8,325



NIGHT OF INSPIRATION

Our Night of Inspiration is an evening to celebrate our team's Boston Marathon® journey, as well as honor our other teams, fundraisers and volunteers from throughout the year.

This year we celebrated many milestones for both fundraising and running. Jim Kasperik completed his 10th Boston Marathon® and Frank Feraco celebrated his 11th marathon with Tedy's Team - Boston and NYC combined! We are so happy to have them both as a part of our alumni family.

Joining our \$50k plus fundraising club this year were the Martin Family (Ashley and John) and the Dyer Family (Janet, Mike and Brynn) - Brynn being our youngest Tedy's Team runner, ever! We love when running becomes a family affair! Our \$75k plus club welcomed Jim Kasperik and Frank Feraco, and our \$125k plus club welcomed Michael Lawrence. Great work everyone! We are so honored to have you as a part of our Tedy's Team family.







During the event, we also presented individual awards – our Rookies of the Year, Mentors of the Year, Social Media Star, and Spirit awards. We were happy to honor Jennifer Mace and Kim Newby with our Rookie of the Year awards for their amazing fundraising and hard work to spread awareness of our mission.

Mentor of the Year honors alumni that truly welcomed Rookies on to the team by guiding them through their entire Boston journey – fundraising and running. Our 2024 winners were Michael Lawrence and Nicole Mazzone. The winners were chosen based on emails their mentees sent about how helpful and amazing each of them had been during their Tedy's Team experience.

Our Social Media Star award was presented to rookie Brandon Kelemen for his great work spreading our mission, being active on our social pages, and his creative posts. He really was a wonderful champion of our mission – a top social sharer!

Lastly, we introduced a new award, the Spirit Award. Just a few weeks before the Night of Inspiration, Tedy's Team lost a member of our family, suddenly. Emily Dilworth had just run Boston with us in 2023. While she had a short tenure with Tedy's Team, she left a deep impact on all who knew her. Emily had a smile that would instantly light up a room, an infectious laugh, and a personality that would make you feel like you had known her for years, even though you had just met her. She embodied our beliefs here at Tedy's Team. She always offered to volunteer at events and help in any other way that she could.

In memory of Emily, we created The Emily Dilworth Spirit Award. Our first ever winner of this award was alumni, Frank Feraco. Frank always welcomes each runner to our team, motivates his teammates, and always has a positive outlook on the training and fundraising experience.

ALUMNI MESSAGES

SUE MANERO

In 1999, my family's world changed when my father Angelo Manero suffered his first stroke. A “small” transient ischemic attack (TIA), which was followed by two larger more debilitating strokes that left him paralyzed on his right side and barely able to communicate.

My dad was still working in the family business, a very strong, active 79 year-old, up until the day of his first TIA, and was now unable to do the simple daily life activities, never mind walk again. We were blessed to still have him with us; however, he was not able to return home. A brave decision he was able to help us decide. He wanted to enjoy his time with his family, especially our mom Lee, his wife of 55 years. With all that he had gone through, he did not want to burden us with his in-home care and change mom’s daily home life.

It was very difficult to watch my dad live his day-to-day life with the disabling affects and complications due to his stroke. Shortly after his stroke, two of my aunts suffered strokes and it changed their lives like my father’s. Over those years that he was with us, I felt so useless since there were not many new rehab facilities with stroke recovery. My dad passed in 2003 and in 2006 my cousin Lois suffered a stroke at the age of 59 and because of new medical technology, they were able to save her life. I am happy to say she is still with us!

At this point, I felt like stroke was all around me. I started running/training after my dad’s stroke to stay healthy and to de-stress. After stroke entered my family’s life, my running took on a new purpose, stroke awareness and education. I joined Tedy’s Team in 2007 and have been sharing everything I have learned about stroke, stroke prevention, education, and awareness. I run my miles in memory and honor of my family members, friends, and other stroke heroes. My first marathon with Tedy’s Team was the Boston Marathon, 3 times, and countless Falmouth Road races, so many that I have lost count!



I was on the first Tedy's Team New York City Marathon team in 2021, the first Chicago Marathon team in October 2024, and in April of 2025, I will be running as part of their first London Marathon team.

I continue to honor my dad, with every mile I run and with every dollar I raise, I hold all those stroke heroes in my heart across all those miles. Since my dad's stroke in 1999, so much is now available to stroke survivors and their families because of organizations like Tedy's Team. We continue to raise awareness for stroke and heart disease while supporting survivors through the Comeback Program, the Tedy's Team Center of Excellence in Stroke Recovery, and the Shirley Ryan AbilityLab. For all this I am grateful.

LARISSA WEEKS



In life, some days are mundane, and others are life changing. December 19, 2011, was a life-changing day for my family. It was the day I lost my dad, James LaFauci, after he suffered his 3rd stroke at only 56 years old.

His first stroke was in 2006, and my amazing mom recognized the warning signs right away and was able to call for help immediately. Less than a year later in 2007, and a week before I graduated high school, I walked into my dad's bedroom and his face was drooped and he was slurring his speech, so I immediately called 911. I believe that the quick recognition of the warning signs of stroke, by my mom and I, gave us four more beautiful and grueling years with my dad. I never anticipated becoming a teenage caregiver, but luckily, I inherited my dad's humor and determination and my mom's compassion and strength. I knew I needed to do something to honor my dad, and I

knew I needed to turn one of the toughest times in my life into something meaningful and powerful. I couldn't have even imagined what was coming for me.

I found Tedy's Team in 2012, and the team has become one of the most important parts of my life and helped me find a purpose after losing my dad.

Meeting other caregivers and stroke survivors throughout all different walks of life and being able to help each other heal and grow is one of the biggest gifts I have ever been given. It has been an honor to be able to represent and bring awareness to Tedy's Team through fundraising and training for 10 Boston Marathons, 1 NYC Marathon & Marine Corps Marathon, many half marathons, and soon to be my first international marathon in London next April. Taking my family, friends, and sometimes complete strangers on my fundraising and training journeys brings me more joy than I can describe. Even though I am only one person in this big world, I know I'm making a difference. In 2019 I was inducted into the Tedy's Team Hall of Fame, and this was one of the greatest honors of my life.

The mission of Tedy's Team is to raise awareness of stroke and heart disease, while supporting survivors on their journey, giving them the means for a comeback. I find this mission quite fitting because a good friend once told me, "Every setback is an opportunity for a comeback." After many setbacks and comebacks, my dad needed me to continue on for him and I will never stop spreading the mission of Tedy's Team. My dad will always be at the core and foundation of my why, but each year, my new teammates and their stories also become my why. Tedy's Team provides awareness and education, support, healing, growth, goals, love, friendship, compassion and strength. After raising \$130,000 and running countless amounts of miles, I know I'm only just getting started.

ABIGAIL EGAN

It's hard to capture what Tedy's Team means to me and how special of a place it holds in my heart. In 2016, I had a Transient Ischemic Attack (TIA) that occurred due to several undiagnosed conditions. For all intents and purposes, I was an otherwise healthy 20-something at the time, but here I was with multiple blood clotting issues, a hole in my heart called a Patent Foramen Ovale (PFO), and a feeling of uncertainty. This curveball threw me for a physical and emotional loop. Then entered Tedy's Team.

I originally applied to run the 2019 Boston Marathon with Tedy's Team as a way to channel my frustration and to prove to myself that I was bigger than the challenges I faced.



What I got in return was a family of teammates, friends, and advocates that I never knew I needed.

Now I'm not typically one to shy away from social situations, but when I showed up to our first team run, I felt nervous and uncertain - "what had I actually signed myself up for?! 26.2 miles!" With our first miles under our belt, I slowly started to settle in and build a foundation for the race, but more so a foundation with my teammates. We learned of each other's whys and what this race meant to each of us. Just as I learned theirs, I was forced to open up about my own reason and why. I had never truly spoken about my TIA and conditions previously, as if I was in a form of denial. Tedy's Team gave me an outlet through which I could process the events of 2016, hear how teammates made the most incredible of "comebacks," and channel that energy into educating and raising awareness for stroke and heart disease.

I've now run two Boston Marathons with Tedy's Team - each of which felt more meaningful than the last, not only for the feelings of turning right onto Hereford and left onto Boylston, but for the feeling of welcoming new Tedy's Team members into the family and continuing the mission that Heidi and Tedy had set out to achieve.

I know that I'll never truly be able to quantify what Tedy's Team and these people have come to mean to me, but I do know that I will forever be fortunate for having had the opportunity to join this team and will forever be changed by the people I've encountered along the way. For all the years to follow, I will advocate for our team, our whys, and for the comebacks of each person affected by stroke and heart disease.



LIFE-SAVING AWARENESS

FACTS


- Someone in the United States has a stroke every 40 seconds. Every 3 minutes and 11 seconds, someone dies of stroke.
- Every year, more than 795,000 people in the United States have a stroke.
- Stroke is a leading cause of serious long-term disability.
- Heart disease is the leading cause of death in the United States.
- Someone in the United States has a heart attack every 40 seconds.
- Every year, about 805,000 people in the United States have a heart attack.


RESOURCES


For more information on any of our events, programs, initiatives, or partnerships, please visit our website, www.tedysteam.org, or e-mail us at info@tedysteam.org.


*Credit: CDC; cdc.gov


KNOW THE
WARNING SIGNS
OF STROKE


B Balance Difficulties 

E Eyesight Changes 

F Face Drooping 

A Arm Weakness 

S Speech Difficulties 

T Time to Call 911 

KNOW THE
HEART ATTACK
WARNING SIGNS

Listen to your body and immediately call 9-1-1 if you recognize any of these common warning signs.

 Chest pain or discomfort in chest

 Lightheadedness, nausea, or vomiting

 Jaw, neck or back pain

 Discomfort or pain in arm or shoulder

 Shortness of breath

THANK YOU FOR SUPPORTING OUR TEAM

Thanks to our generous sponsors, donors and supporters, we are able to make an impact in the lives of stroke and heart disease survivors, caregivers and community members. We want to thank everyone listed below for their support of our mission throughout the year.

To see a list of our 2024 calendar year donors of \$500 or more, please visit our website.

CHAMPIONSHIP SPONSOR

Jackrabbit

IN-KIND SPONSORS



SUPPORTERS

Lenox Hotel

HyperIce

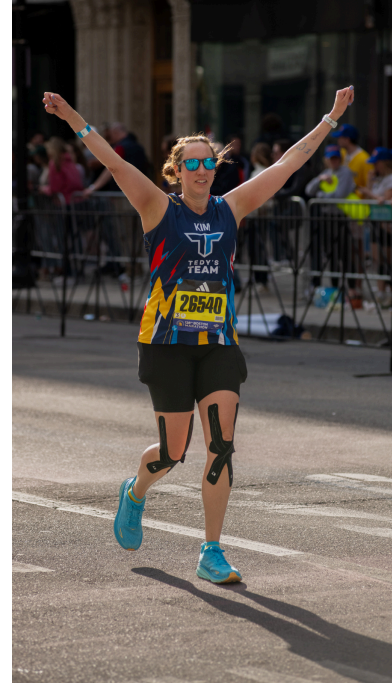
Bulldog Designs

Boston Athletic Association

New York Road Runners

Bank of America®
Chicago Marathon®







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