



Meet Team Heal Trauma:

September 11, 2008

The Marine Corps Marathon Runners

Runners Team Up With Witness Justice to Support Victims of Violence and Trauma

For members of Team Heal Trauma, it's personal.

They call it the "People's Marathon," and for Team Heal Trauma, it's all about people whose lives have been affected by trauma. Created by Witness Justice - a Federally-funded trauma advocacy group - Team Heal Trauma consists of volunteers who will pound the pavement at this year's Marine Corps Marathon - a 26.2 mile run scheduled for October 26. Raising funds and awareness about trauma and its effects through Active.com, an online fundraising site, members of the team maintain personalized donation pages that reflect their individual goals. While they will work as a team toward a common goal, they each took different paths to Team Heal Trauma.

For [Helga West](#), founder and CEO of Witness Justice, her marathon against trauma began a decade ago in Miami. After taking a wrong turn while looking for the airport, she became the next victim in the brutal sequence of "strong-arm" robberies occurring across southern Florida. Now, as an advocate, each stride she takes at this year's Marine Corps

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Marathon will bring her closer to her goal of helping trauma survivors.

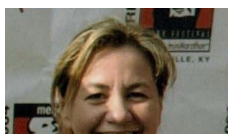
With [Jeni Gamble](#), director of VINE Protective Order Services with Apriss, Inc. - a provider of the service that notifies victims when their offenders leave prison, raising funds for trauma survivors is a natural extension of her professional vita. As a newly elected board member of WJ and social worker for ten years, she has worked with survivors of domestic violence and sexual assault and knows the difference her support can make to a wounded victim. The Marine Corps Marathon seems a logical choice for Gamble; her father and both of her grandfathers served in various branches of the armed forces.



For [Kristian Carlson](#), it's also personal. He and [Andrew Shanks](#) - a 24 year-old triathlete from Virginia Beach, Virginia - will run in memory of his cousin, Beau, who was gunned down earlier this summer while walking home from Starbucks, his murder likely motivated by the theft of his iPod. "I'm running in his honor," Carlson explains, "and because it seems that my participation in the marathon is giving our family some inner peace."

For [Laura Perez](#), the race will take place close to home in more ways than one. A native of Woodbridge, Virginia, she will pass by many familiar landmarks during the trek through Arlington, Virginia, and Washington, D.C. Team Heal Trauma's goal is also familiar to Perez, a survivor of domestic violence and a trauma advocate. For over a decade, Perez has worked with domestic abuse survivors as a parole officer, a corrections officer, and currently as a victim's specialist / director of the Arlington Victim Witness Program.

For [Jason Steinbaum](#), the goals of Team Heal Trauma are right on track. "The emotional wake of a traumatic experience," he notes, "does not disappear overnight. It often shows up in someone's work and home life, with friends, and elsewhere." With Steinbaum's participation, Team Heal Trauma will raise the funds that will help trauma survivors from sinking in that wake.



A veteran of numerous marathons, [April Williams](#), the Marketing and Business Relations Director for Globe



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[Jeannie Dillingham](#)

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Visit their Active.com fundraising pages and support Team Heal Trauma today!

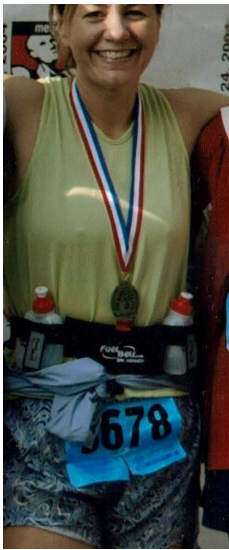
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Builders, will join Team Heal Trauma in this year's Marine Corps race. "Abuse has always been something, even in my younger years, that I wanted to somehow make a difference in preventing and educating others about," she explains. "It is so unfortunate that that our society seems to ignore it and keep it 'swept under the carpet.'" With Williams' participation, Team Heal Trauma can pull up that carpet.

To give inner peace to the family members of a slain cousin - to pull up the carpet covering the issue of trauma - to toss a lifeline to trauma survivors drowning in the wake of a traumatic event - They come from different places and for different reasons, but one common goal unites the members of Team Heal Trauma. And for them, it's personal.

Please visit [Team Heal Trauma](#) to find out more about the team, its cause, and race day. You can also meet [Andrew Richardson](#), another marathon runner on the team, by visiting his Active.com fundraising page.

Want to volunteer? [Click Here!](#)

Witness Justice is a national, grassroots, nonprofit organization created by survivors for survivors. Our mission is to offer advocacy and support to victims of violence and trauma. Witness Justice offers support regardless of where a victim lives, when or where the crime occurred, or whether the crime was ever reported. For more information, visit www.WitnessJustice.org.

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