

MY CHARITY PROJECT 2024



With the support of the **Zonta Club in Pforzheim**, I am dedicating my run to the needs of disadvantaged women and girls. The Zonta Club is part of a worldwide association of professional women in leadership positions, bipartisan, non-denominational and ideologically neutral – **Zonta International**.

Specifically, your donation supports Zonta International's commitment against child marriage.

Globally, 21% of girls are married off at an early age, depriving them of their childhood and their right to education. Zonta International has been working to end child marriage since 2014 and has been working with UNFPA and UNICEF USA on the Global Programme to End Child Marriage since 2018.

For further information check at zonta-pforzheim.de and zonta-union.de/node/13969

You can support this great cause with only 1 dollar per mile run!

E.g. stages x and y are 30 miles + 32 miles = 62,- Dollar

You will find the different stages at

www.jk-lauftraining.de - USA-PROJECT

You can donate for every kilometer I run – whether for one or more stages or even for the total distance. Every dollar can help!

Donate your amount directly to the account:

Zonta International

In order for your donation to be allocated correctly, be sure to indicate the purpose of payment as **“Jola”**.



A big thank you to my sponsors for their support during my run:



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HELLO,

I am Jola Ketterer and I was born in 1969 in Poland.

I have been living in Pforzheim, Germany for the past 30 years.

I am married and a mother of 3 children.

I am an enthusiastic runner and I am lucky enough to have turned my hobby into my profession.

As an independent running coach, I passionately and expertly support people to achieve their goals and uncover their love for the sport.

Since I was 12 years old, running has fulfilled me: first on the track, then on middle distances and since 2017, on trails and ultra trails through the mountains.



www.jk-lauftraining.de

YOUR CONTACT TO ME



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www.jk-lauftraining.de

Across the USA in 100 days

from LA to NYC

with
Jola Ketterer



www.jk-lauftraining.de

My Motto:
„RUN
YOUR
DREAMS”



MY RUNNING PROJECT

In the Spring of 2024 I will attempt to cross the USA from Los Angeles to New York City on foot in 100 days; this equates to at least one marathon every day. And with this personal challenge, the dream that I have had since being a young girl is finally coming true after more than forty years. I am driven by my love of nature, my interest in people from different backgrounds and cultures, and the freedom that this sport offers myself and others.

This ambitious project will not only challenge me physically but also mentally. I will be the first Polish woman to cross the USA this way! And I would like to inspire others to realize their dreams and goals too with discipline and perseverance by recognizing their own strengths and resources; leveraging this treasure and daring to push themselves to or beyond their own limits.

My inspiration should also help to serve less fortunate people. Even during my big runs in the past I have found ways to collect donations for institutions that focus on empowering women or providing low-cost access to health-promoting exercise in society. For each of these charity runs I have been fortunate enough to collect large four-digit amounts in this manner.



www.jk-lauftraining.de



MY SPORTS ACHIEVEMENTS:

- 5-time participant in the Trans Alpine Run, the toughest race in Europe, won 3rd place twice (2018 and 2022)
- Circumnavigation of Lake Constance in 6 days (2022)
- Bella Italia, 14 marathon runs as mental preparation (2023)
- Terra-Vertica-Trails, 5 days 110 km 7500 metres altitude difference
- Over 100 road runs over various distances
- Countless solo mountain runs through the Alps

MY 2024 RUNNING PROJECT: FROM LOS ANGELES TO NEW YORK CITY IN 100 DAYS.

START
03-11-2024
in Los Angeles, USA



FINISH

100 days later
in New York, USA



DISTANCE

ca. 3.232 miles



SUPPORT-VEHICLE

Camper - rented, for sleeping, cooking, regenerating



PERSONAL SUPPORT

always one person on different sections of the route



DONATION GOAL

Information on the current sponsor overview and donation project is updated at regular intervals and can be accessed on the website.

