



# Bucket Fillosophy™ 101

## Words of Wisdom to Keep Your Bucket Filled

Volume 8, Issue 14  
September 21, 2014

### Who I Run 4

#### Dear Fellow Bucket Filler,

During a recent visit to Marimor School in Lima, Ohio, we met staff member, Erin Koenig (as seen in this picture). Erin is an avid runner and completes several half and full marathons each year. What fills her bucket is that "Erin Runs 4 Preston"!

The organization "I Run 4 Michael" began in early 2013 by Tim Boyle, who found inspiration by running for his friend, Michael, who is physically unable to run. He found a new level of encouragement, motivation, awareness and purpose to his running. He soon found others were interested in running for others. He created the organization to sign up and be matched with a buddy you can dedicate your runs or workouts to.



Our buckets were overflowing as we listened to Erin's story. Erin is inspired to run by her buddy, two-year-old Preston. Upon completion of each of her races, she has her medals sent to Preston to add to his collection . . . and fill his bucket!

For more information, go to [www.whoirun4.com](http://www.whoirun4.com).

May you always be a bucket filler,  
Jan Merz, Bucket Fillers Presenter

## Our Bucket Filler of the Week\*

Mark Adams of Longwood, FL

\*E-newsletter winners are randomly selected to win a free copy of our latest book!



### Bucketfilling Showcase

This week's picture was sent to us by Teresa Skalla of **Green County Elementary** in **Jefferson, IA**. What a great visual representation for their students of the wonderful things that fill a bucket!

We invite you to showcase your organization's bucket filling in our e-newsletter. Email a picture of your bucketfilling bulletin board, mural or other artwork to [info@bucketfillers101.com](mailto:info@bucketfillers101.com).

Most of our subscribers are educators looking for classroom ideas. We have many ideas on our [Free Resources](#) page. Our books and other items are available for [purchase online](#). If there is something you are particularly interested in, please [contact us](#). At the request of many readers, past e-newsletters are available on our [website](#).

Sincerely,

*The Bucket Fillers Team*

### Stay Connected



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