

I could tell you that we've been quiet this week because of getting ready for the Mercedes Marathon on Sunday, though I'd be lying (as much as I wish I wasn't).



This year the [Mercedes Marathon](#) will take over Birmingham's central business district (and parts of the metro area) on both Saturday and Sunday, February 9 & 10. We'd like to take a moment and look at the charities that will benefit from the masses of humanity moving through town this weekend (and to find out why you should be out there cheering them on as they run/walk/dance through your part of town):

BTW: [There's still time to sign up at the expo](#) too (tonight and tomorrow) ☐

**BE&K 5K** - Saturday

The entry fee for this race will benefit [Kid One Transport](#), an organization that provides free rides to health care appointments for children and expectant mothers with little or no means of transportation. They have provided more than 130,000 transports since 1997.

**BE&K Kid's Marathon** - Saturday

A portion of the entry fee for this race, run over the course of several weeks by our region's children will benefit pediatric cancer research, treatment and family support initiatives at [Children's Hospital of Alabama](#).

**Mercedes Marathon and Half Marathon** - Sunday

These races, as well as the relay races, will benefit [The Bell Center for Early Intervention](#). For more than 20 years, the center has provided treatment for children with special needs through its therapy programs.

In each of the last three Mercedes Marathon weekends more than \$300,000 was raised for charity through the Marathon's Run for a Reason Charity Program.

Makes you want to head on out and cheer them on now doesn't it?