



**FOR IMMEDIATE RELEASE**

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***'I MISS MY BROTHER EVERY DAY'***

***The James Henry Ransom Foundation Presents the First Annual  
Memorial 5K Run/Walk & 1K Children's Run/Walk  
8 A.M. Saturday October 7, 2017 at  
Oso Viejo Regional Park, 27241 La Paz Road, Mission Viejo, CA 92692***

*The event is in memory of James Henry Ransom who committed suicide at the age of 13 and will raise funds to support local adolescent mental health programs. The proceeds from the inaugural event will benefit Mission Hospital's Clinical Institute for Mental Health and Wellness*

*Tamra Judge, of Bravo TV's 'Real Housewives of Orange County's' will host the Race Warm-Up with CUT Fitness of Rancho Santa Margarita*

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**Ladera Ranch, CA** - The James Henry Ransom Foundation will host its first annual Memorial 5K run/walk & 1K family fun-run at 8 a.m. October 7, 2017 at Oso Viejo Regional Park, 27241 La Paz Road, Mission Viejo, California, 92692.

Tamra Judge, of Bravo TV's 'Real Housewives of Orange County, a personal friend of the Ransom family, will host a race warm-up with CUT Fitness, a gym she co-founded in Rancho Santa Margarita with husband Eddie Judge.

The James Ransom Memorial 5K was conceived by Julia Ransom, James's 16-year old sister. Tragically, James committed suicide in November 2016 following a struggle with mental illness. A traumatic brain injury James sustained 15 months prior to his passing exacerbated some existing issues and proved too much for the young boy to overcome, in spite of comprehensive inpatient and outpatient care. The Ransom family, Ladera Ranch residents, hopes that advances in mental and behavioral health research will lead to innovative treatment and care for children and families in South Orange County.

"I miss my brother every day and would like for something good to come out of our family's tragedy," said Julia, who will be a San Juan Hills High School junior this fall. "I am a runner and I find that physical activity helps with my mental state. Getting outside and moving is so important to my overall health."

"I would like for resources to be made available for siblings of kids who are mentally ill or who are going through tough issues. Their issues impact the whole family," Julia said.

The James Henry Ransom Foundation was established by his family and friends with the hope of bringing about change to how we approach adolescent mental and behavioral health. Its mission is to raise funds and awareness to support programs, organizations, research, facilities and families in dealing with issues related to adolescent mental and behavioral health. It is in the process of applying for its 501(c)(3) status.

All participants of the 5K will receive an exclusive race t-shirt.

To register and learn more about the James Ransom Memorial 5K visit  
[www.jameshenryransomfoundation.org](http://www.jameshenryransomfoundation.org).

-James Henry Ransom Foundation-

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