

COURAGE • COMMITMENT • CONFIDENCE

A story to be heard by every runner and walker!

*Miles made
her stronger
as hope was
a whisper in
the distance.*

Helene is a nationally known speaker and spokesperson on health and wellness, featured in print, radio, and television.



For guest appearances & speaking engagements:

PHONE:
480.299.5748

EMAIL:
helene@oneontherun.com
h.neville@nursesinshape.com

WEBSITES:
NursesInShape.com
Oneontherun.com

FACEBOOK:
[Oneontherun](https://www.facebook.com/Oneontherun)

A few recent clients:

University Health System, *San Antonio, TX*
Mayo Clinic, *Jacksonville, FL*
Memorial Herman, *Houston, TX*
Arizona Nurses Association, *Phoenix, AZ*
Missouri Nurses Association, *Lake of Ozarks, MO*
Arizona State University, *Tempe, AZ*
Leading Ladies Marathon, *Spearfish, SD*
Waco Texas Marathon, *Waco, TX*
26.2 with Donna The National Marathon to Finish Breast Cancer, *Jacksonville, FL*
Gold's Gym, *Phoenix, AZ*
Ultrafit Evo Sports, *Phoenix, AZ*
St. Francis DeSales Track Team, *Philadelphia, PA*
Phoenix Women's Homeless Shelter, *Phoenix, AZ*

"I ran and found that **Human Spirit** is alive and well and living right next to you and me."

"My run was not to realize my own dream but to **inspire others to realize theirs.**"

INSPIRE • MOTIVATE • DREAM

A story to be heard by every runner and walker!

Helene Neville — Achieving the Impossible!

Nurse, Author, Athlete and Speaker who uses humor, humility, discipline and leadership to inspire runners and walkers to achieve their goals. **She is the first person to run across America along the southern USA in the summer – 2,520 miles in 93 days!**

“If my run across America inspired you, take that inspiration and turn it into action.”

— Helene Neville

“Dynamite personality, riveting story, incisive wit...this lady will dazzle you with a life journey that inspires and ignites the dream in all of us. Laughter, tears and raw courage...she lets us know we can.” Elaine Doll-Dunn, Founder/Director, Leading Ladies Marathon

“Her countless stories of her travels and the people she met along the way were mesmerizing and never ending. Helene has so much to offer her running community. Unfortunately it is not Houston. Fortunately I consider her running community to be America.” Felix G. Lugo, Houston Marathon running coach

“There isn’t a better story out there.” Donna Deegan, Anchor, First Coast News, Jacksonville, FL and Founder of 26.2 miles to End Breast Cancer

“We’re much honored to be able to mention your name as being part of the TEDxPhoenix family of speakers.” Tomas J Carrillo, TEDxPhoenix Curator

“Lots of people run, lots of people promote health, lots of people inspire, lots of people have cancer. Not a lot of people do all of these things at the same time.” Amie James, Race Director, The Exygon and Baptist Hospitals Gusher Marathon

She is running for the lives of millions of people who desire to be inspired to embrace a healthy lifestyle!

