

# Shelly L 5K Virtual Run Walk

*Honoring an extraordinary teacher, fitness guru, and mother.*

NEW YORK, NY, USA, December 8, 2022 /EINPresswire.com/ -- Shelly recently passed in a horrific [accident](#) on November 29th. The news reported the passing of Shelly Vilsaint, but her friends and family knew her as Shelly Languaine. Shelly was an avid fitness mentor and extraordinary teacher. She was also a loving mother, grandmother, and friend. Shelly was full of faith and love, always giving back, empowering women to exercise, and motivating her students to overcome challenges and hardships.

On her birthday, Thursday, the 29th of December, we are celebrating the life of Shelly with a Virtual [5k](#) Run Walk. Groups are Encouraged to Meet and Run this Race Together wherever you are as Shelly loved to run over bridges! We hope every Birthday, December 29th to host this 5K Run/Walk in Shelly's honor. Donations can be made on : <https://runsignup.com/Race/NY/Bronx/ShellyL5K>

All proceeds will benefit Founders Initiative, a US Non Profit that support women and girls in poverty, special needs, and domestic and sexual violence. With over 52% or 15.6 million girls experiencing sexual violence in public schools in Ghana, we plan to open and dedicate the Shelly L Founders School for Girls, as the First and Only All Girls Primary School in Ghana. A portion of funds will also benefit the family with funeral expenses.

Shelly inspired us all to run our races and while this 5K Virtual event doesn't replace the mother, grandma, teacher, fitness buff we will all very dearly miss; her life had a massive impact on thousands of lives.. may her legacy have one too!



The poster features a purple and pink background with a large portrait of Shelly L. On the left, three stylized figures (a man in a yellow shirt, a woman in a pink shirt, and a man in a white shirt) are running. The text on the poster reads: 'SHELLY L VIRTUAL 5K RUN WALK', 'RUN/WALK A BRIDGE IN SHELLY'S HONOR!', 'Thursday December 29, 2022', and 'Celebrating Shelley on her birthday! Donations will go to Founders Initiative as they hope to open the Shelly L Founders School for Girls to honor the legacy of an extraordinary mother, grandmother, women of Faith, fitness mentor and educator.' The website 'www.theFi.org' is listed at the bottom.

Honoring the Legacy of Shelly L: An extraordinary teacher, fitness guru, friend, mother, and grandmother



Honoring the life and legacy  
of Shelly, an avid fitness  
mentor, extraordinary  
teacher, loving mother,  
grandmother, and friend."

*Founder & President Founders  
Initiative, Pastor Christyn  
Ryan*

C Ryan on behalf of the Languigne

Founders Initiative

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