

NFL player supports Door of Hope



Photo courtesy of competitor

3,500 people run in charity race to benefit Matthews Door of Hope Chest.

NFL player Ryan Matthews and his mother, Trish, teamed with The Salvation Army Door of Hope in San Diego to help mothers and children transitioning out of homelessness. The Matthews, in collaboration with the San Diego Chargers and Kaiser Permanente, created the Bolt to the Q 5K to raise money for the cause.

On July 21, 3,500 people ran at the Bolt to the Q 5K, raising \$10,000 for the Trish and Ryan Matthews Door of Hope Chest charity foundation. All runners received a Nike Bolt to the Q T-shirt, while the top three finishers in each age division and all children received a medal.

“The Bolt to the Q was not only a good time, but also helped families who graduate from The Salvation Army Door of Hope to get the support they need,” said Matthews, who plays for the San Diego Chargers.

Matthews also hosted the Ryan Matthews Charity Golf Tournament to benefit the Door of Hope and Rady Children’s Hospital of San Diego.

The Door of Hope helps homeless women with children get back on their feet. When they graduate from the program, the Matthews’ Door of Hope Chest provides them with essentials for their new apartments, including bedding, towels, dishes and cookware.

"I know first-hand what these moms endure because my mother and I were homeless for a short time when I was little," Matthews said. "I wouldn't have a life right now if it wasn't for my mom getting a helping hand and then doing everything she could to support me."