



# Run with it!

Newsletter of A2A3 • Spring 2010

## A2A3 Events at a Glance

**Box Car Derby**  
**Sat., March 20**

**Matt Barnes at Boston Marathon**  
**Mon., April 19**

**A2A3 at Burns Park Run**  
**Sun., May 2**

**A2A3 at Dexter-Ann Arbor Run**  
**Sun., June 6**

**A2A3 at Big House Big Heart Run**  
**Sun., October 3**

## Don't Miss Out!

Subscribe to our Events Calendar to get occasional notifications of A2A3 events for your Google or Apple calendar. To sign up, visit [www.a2a3.org](http://www.a2a3.org).

## 2nd Annual Box Car Derby, March 20

Those who came out to the Derby last year – both the racers and the spectators – know what a fun time we had as kids and adults zoomed down South University. We are teaming up again with Phi Delta Theta for the 2<sup>nd</sup> annual! Join us on Saturday, March 20 at 10:00 a.m. To register or for more information, visit our website at [www.a2a3.org](http://www.a2a3.org).



## Fall/Winter Events Wrap-up

### Family Field Day 2009

On October 18, a beautiful Sunday afternoon, over 200 kids and adults gathered at Burns Park for our 2<sup>nd</sup> annual Family Field Day. People of all ages played together in relay races, scavenger hunts, and a great kick-ball game. Some of Ann Arbor's most dedicated coaches had kids from grades K-5 doing drills and exercises in soccer, basketball, lacrosse, field hockey and football clinics. We also sold the best root-beer floats in town, baked goods and brats. We had a happy crowd, and we raised over \$4,000 to donate to ALS research. Many thanks to the many sponsors and volunteers and of course the participants who make this great event possible!

### Whole Foods Day a Big Success



A2A3 was the local non-profit selected to receive 5% of a day's net sales at Whole Foods (Wastenaw Ave.) in the first quarter of 2010. On January 13, we raised **\$4,180.75**. Thanks to the many volunteers, participants and Whole Foods team who made this event possible!



Thank you  
for your  
support! To  
date A2A3  
has donated  
\$36,500 to  
ALS research.

## Matt Barnes: Running for Bob

Serendipity brought Matt Barnes and A2A3 together. Last 4th of July, A2A3 was having a picnic before heading down to a Toledo Mudhens game to commemorate the 70th anniversary of Lou Gehrig's "Luckiest Man" speech. Matt and his family happened upon A2A3 and recognized colleagues of his wife, Ana, in the group. With their two young children, Marcelo and Isabella, they joined the picnic.

After that chance meeting, Matt and Ana were inspired to help A2A3. Matt was training for the Detroit Marathon and—after reading about A2A3's charge to be active while fighting ALS—he decided to raise funds while running. Matt was inspired and motivated when he made the decision to run for Bob. When a fundraising page was set up on the A2A3 website and Matt shared his goal with friends and family, he thought "My training has already taken on a whole new meaning."



It was quite a marathon for Matt. He ran his personal best (3:19:55), and qualified for the Boston Marathon! Usually Matt would be sore for weeks after running a marathon, but not this time. "This was very different than the others. I had no pain or soreness. I believe it's because I'm doing it for Bob." He knew right away that he would run Boston for A2A3 as well.

Matt has always been active and has always loved sports, but it wasn't until recently that he became a runner. He ran his first Marathon in 2006; the Boston Marathon this April will be his fifth. In choosing to start running marathons, Ana describes Matt as "serious, determined, and someone who always reaches his goal." Matt is a school social worker in the Wayne/Westland Public School system, but in the early morning hours he is out in the dark and cold, training for Boston. Ana adds, "He just gets up and doesn't complain - I know it's because his running has meaning."

If you'd like to sponsor Matt for his Boston Marathon run on April 19, please go to [www.a2a3.org](http://www.a2a3.org).

## Tappan Enough! Club

The Tappan Enough! Club was founded two years ago by Tappan Middle School students who decided "We've Had Enough!" and wanted to help others locally and globally. Over the past two years they have collected over 400,000 pennies to represent each person who died in the genocide in Darfur, raised \$9,425 to build a school in Sierra Leone; and sold coffee for Cafe Justo to support the Mexican coffee industry.

This year, the students' goals are just as impressive. They aim to raise \$8,500 to build a school in Kenya, sell enough "plates" to provide lunch for 60 students at the Kenyan school, sell 50 pounds of coffee for Cafe Justo, and raise \$3,000 for A2A3.

A2A3 has the honor of being the first local organization selected by the Enough! Club. 8<sup>th</sup> grader Tess Thompson, a founding club member, said that they were excited to work with A2A3 this year because the members want a chance



to volunteer with a local organization. They helped advertise A2A3's Whole Foods 5% Day, and they will participate in the 2nd Annual Box Car Derby later this month. For Tess, "being a part of something that's bigger than myself" is why she's involved. Sixth-grader Kenzie Dalton joined the group in the fall and is full of enthusiasm for their creative fundraising efforts, including one for A2A3: During "Water Week" in May, the club will sell re-useable water bottles and ask people to pledge to drink only water during that time and donate the money they would have spent on juice, pop, and other beverages to A2A3.

To find out more about the Enough! Club and their ambitious campaigns this year, go to: <http://enoughclub.edublogs.org/>





## Dr. Yun Lu: Nourishing Life

**D**r. Yun Lu tells a story about the goal of physicians and healers: "The first conversation between the Yellow Emperor, Huang-Di, and his teacher was about how to live a long, healthy life. 3,500 years ago Huang-Di asked, 'Look, teacher, in the old days, people really lived up to 100 years without showing signs of aging. Now, people live half of what they can, they age prematurely and they die prematurely. Why?...' That was the first conversation of the Yellow Emperor, Lu emphasizes, and he adds, "Isn't that the very same question that we ask today?" Living a healthy, long life is exactly what Dr. Lu seeks to help people do.



A2A3 came to know about the work of Dr. Lu through Bob Schoeni. When Bob's wife Gretchen participated in a multidisciplinary program in integrative health care at U-M in 2005-06, Dr. Lu was a presenter and talked about his own relation to medicine. He grew up in a family which has been practicing medicine for centuries – his family provided medicine to the emperors in the Manchurian Qing dynasty starting in the mid-1600s. Ever since he was a child, Dr. Lu has been learning about herbal medicine from his family. Also during his childhood, he became a mentee of a Buddhist monk who taught him about many things that Lu now brings to his practice. Dr. Lu has a medical degree from the China Academy of Traditional Chinese Medicine in Beijing. He received a Ph.D. from the University of Nebraska-Lincoln in research methodology and in 2006, upon the invitation of col-

leagues from the U-M Medical System, he brought his healing practice to Ann Arbor.

Dr. Lu is hopeful that he can help Bob to live a long, healthy life. It is not that Dr. Lu is an ALS specialist; he is adamant about not being a specialist of any sort. His approach to ALS reflects 5,000 years of study on how to use various methods of healing, including herbs, acupuncture, acupressure, cupping,

exercise, massage, and diet to, as he says, "nourish life." This practice views the body as a whole system rather than treating individual parts. In Dr. Lu's view, managing ALS is like a strategic war. Lu tries to anticipate where the disease might progress and "sets up base" to strengthen that area. In order to be successful in this

"war" it is imperative to identify the disease as early as possible, because once the disease has taken hold of a certain part of the body it is difficult to regain function.

Dr. Lu does not suggest that these strategies would work for every ALS patient. And he admits that this is a very labor intensive approach to managing the disease – it takes a daily commitment of massage, exercise, herbal teas and diet. But we should keep in mind that currently ALS is a disease with no treatment. For Bob, working with Dr. Lu has been crucial. "Dr. Lu has been terrific," Bob says. "He's been responsive to my needs as my body changes, and has opened my eyes to a different perspective on how the body works and can be treated. There are obviously no guarantees in life, but with the help of Dr. Lu over the past 18 months, I have a strong sense of hope for the future."

### Golden Courage

In 2001, Dr. Lu founded Golden Courage International (GCI), a non-profit organization which offers programs and services for children living in China who are affected by extreme poverty. GCI gives vulnerable children education, adequate nutrition, health care, and counseling. It also assists families and communities – such as those affected by HIV/AIDS and migrant workers – with job training, micro loans, and assistance to secure government services. To learn more about how GCI brings hope to thousands of children in China, see [www.goldencourage.org](http://www.goldencourage.org).

### Dr. Lu's Healing Cuisine

**Dr. Lu offers take-out meals once a week, which include soup, a chicken or tofu dish, two vegetables and rice for \$30. Called "Dr. Lu's Healing Cuisine," the delicious menus incorporate natural foods and herbs from traditional Chinese medicine. Dr. Lu's Healing Cuisine will be opening a booth at the Ann Arbor Farmer's Market, so be sure to look for them this spring! For more information, email [drlucuisine@gmail.com](mailto:drlucuisine@gmail.com).**

*More ideas on how to stay active while helping to fight ALS!*

## Racing for a Cause

Whether cycling, running or kayaking, the mission of Nate Kearns and wife Jen Conine has always been to have fun while staying fit. They've also found that racing is a great way to push them farther than they would normally, both physically and emotionally.

When Jen and Nate found out about the goals of A2A3 and the focus on being active, it felt like a match! Over the next six months, Jen plans to run three long-distance trail races (a 25k, a 50k and a 50-miler), and Nate will ride three 100-mile bike races -- all for A2A3. To sponsor Jen or Nate in their goals, or to be part of their support teams for the races, go to [www.a2a3.org](http://www.a2a3.org).

## Get Fit Now!

Now is the time to get fit while raising money for ALS research! Bob's sister-in-law, Libby, is a registered dietitian with her master's degree in nutrition. She focuses on a balanced approach to weight loss to support overall health. She is volunteering to assist anyone who wishes to lose weight. Participants can choose to remain anonymous or make their fight public. Contact: [libby@a2a3.org](mailto:libby@a2a3.org).

## BP Run

The Burns Park Run starts at 8:30 a.m. Sunday, May 2. Easy registration to run and donations to A2A3 at [www.burnsparkrun.org](http://www.burnsparkrun.org).

**Register now for a \$5 discount!**

Contact Us



**2020 Shadford Rd.  
Ann Arbor, MI 48104  
734.623.9877  
[info@a2a3.org](mailto:info@a2a3.org)**

**ANN ARBOR**  
**Active Against ALS**

**2020 Shadford Rd.  
Ann Arbor, MI 48104**

