



# Run with it!

Newsletter of A2A3 • Fall 2011

## A2A3 Events at a Glance

**Learning Express  
20% Days  
Nov. 3–Nov. 6**

**2nd Annual A2A3  
Masters Swim  
Holiday Relays  
Sun., December 11**

**4th Annual Box Car  
Derby  
Sat., March 24**

**2nd Annual Twinkie  
Run  
Sun., April 1**

**Burns Park Run  
Sun., May 6**

**English Channel  
Swim  
July 2012**

**Electric Bolt 5K  
Summer 2012**

### Don't Miss Out!

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

## Thank you to the many people who are being ACTIVE and fighting Lou Gehrig's disease!

The **3rd Annual Box Car Derby** took place last March, on a chilly Saturday afternoon! Despite the wintry temperatures, we had almost 50 teams competing. Thanks to all who came out to race or cheer. We are already planning the 4th annual on March 24.

More than 270 runners came out on April Fool's Day for the **Twinkie Run** at Gallup Park to raise almost \$5,500 for ALS research. Many earned credit toward their finishing time by eating two twinkies during the 5K race. Many thanks to our generous sponsors, volunteers and runners!

**Matt Barnes** had another excellent run at the Boston Marathon on April 18. He set a new Personal Record of 3:35:02 – finishing over 17 minutes faster than last year! Thank you, Matt, for raising awareness and money for ALS during your great run!

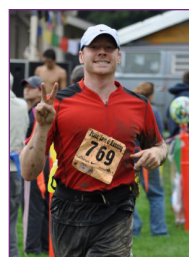
Many thanks to the **Burns Park Run** for listing A2A3 as a Run for Charity option. Over \$1,000 will be donated directly to ALS research as a result.



Those **Buhr Park Sharks** are truly inspiring! On July 19, with their enthusiastic efforts in the pool, the kids on this incredible swim team raised over \$4,000 for A2A3 and ALS research. We can't thank them, their families and supporters enough.



More than 200 people attended the **1st Annual Electric Bolt 5K** in July at Gallup Park in association with the National Joint Apprenticeship and Training Committee and the Ann Arbor Track Club. Everyone enjoyed popsicles, thunderbolt cookies and awesome finisher medals! Thanks Ann Arbor Track Club and NJATC!



Thank you to **Fabian Pfeffer**, who, inspired by Bob, raised almost \$1,200 for A2A3, running in his first marathon. He says he's most proud of finishing the Chicago Marathon on October 9 in spite of the heat and his knee. Congratulations, Fabian!

The **5th Annual Big House Big Heart** was also on October 9 with almost 15,000 participants! Thanks to all who walked, ran or cheered.



# FAMILY FIELD DAY

ANN ARBOR Active Against ALS

**4th Annual  
Family Field Day  
Sept. 18**

Over 200 people came out on a gorgeous September afternoon for our 4th annual Family Field Day. Thanks for coming out and enjoying the day with us! We had great new events like Ultimate Frisbee, BollyFit, Bootcamp, chair massages, and a very fun raffle with lots of great items!

### Thank You, Coaches!

Bruce Elliott - Field Hockey  
Ken Silverman - Flag Football  
Darren Millman - Lacrosse  
Howard Ando & Jane Wilkinson -  
Petanque  
Mike Blommer & Riyaz Kanji -  
Soccer  
Rena Basch, Kris Olsson, Rohit Setty -  
Ultimate Frisbee

### And Thank You to Our Sponsors & Many Donors!

#### Blue Care Network, Bronze Sponsor

Anne Gilbert  
Arbor Brewing Company  
Busch's - Main Street  
Calder Dairy  
Caribou Coffee  
Georgetown Gifts  
Jack's Hardware  
Just Baked  
Learning Express  
Morgan & York  
Meijer  
Nicola's Books  
Relax Station  
Running Fit  
Schakolad  
Stadium Market  
Vie Fitness and Spa  
Wenk's Pharmacy  
Whole Foods - Washtenaw Ave.  
Zingerman's Roadhouse

### Adults Had Fun, Too!

Thanks to **Anuja Rajendra** for her motivating Bollyfit class, and **Cameron Cropek** and **Annie Rubin** for a great Bootcamp Class!

Thanks to our special guest and speaker, **Chris Thompson**, four-time All-American swimmer at the University of Michigan and bronze medalist in the 1500 meter free-style in Sydney in 2000.



Zoe Williston takes a turn holding Chris Thomson's Olympic bronze medal.





## Ann Arbor Women Attempt to Set New World Record!

A team of six women from Ann Arbor will be swimming a two-way crossing of the English Channel in July 2012 in an attempt to break the current world record of 18 hours 59 minutes. These amazing swimmers are seeking to increase awareness of ALS and raise money to find a cure. They will donate all proceeds to A2A3.

**Spread the word!**  
**Let friends, family**  
**and colleagues know**  
**about the event!**

### High School Sports Teams Doing a Virtual Swim or Run/ Joint Fundraiser

Pioneer Girls Cross Country  
Skyline Girls Swimming  
Huron Girls Swimming  
Milan Girls Swimming



Attempting the new world record in July 2012: (from left to right) Susan Butcher, Jenny Jalet, Melissa Karjala, Bethany Williston, and Amanda Mercer. Not pictured: Emily Kreger

- **Everyone can be a part of this very special event!**
- Read, see photos and watch a video in an excellent *Detroit Free Press* article by Michael Rosenberg.
- Help us recruit swim and track teams to participate in the virtual crossing 50/50 fundraiser. Sign up at [www.channelforals.org](http://www.channelforals.org)
- Make a donation.
- Help us find corporate sponsors. Email [amanda@a2a3.org](mailto:amanda@a2a3.org) or [info@channelforals.org](mailto:info@channelforals.org) if you can help.
- Host a fundraising party.
- Buy **Kento ALS**, the English Channel game app, by Five Lakes Studio.
- To learn more and follow the journey of these six women, visit [www.channelforals.org](http://www.channelforals.org).



## Spooktacular Event

Thanks to all who attended the **Haunted House** hosted by Phi Delta Theta and assisted by sorority Zeta Tau Alpha on Oct. 28. In addition to the haunted house, the event featured pumpkin carving, treats and facepainting.

## 4th Annual Box Car Derby

Join us **Saturday, March 24** for the 4th Annual Box Car Derby with Phi Delta Theta. Look for new car kits and design ideas, a cool starting ramp and lots more fun!

## Help Us Reach \$100,000

With our December 2011 donation, we hope to reach \$100,000 donated to ALS research! Please consider donating to A2A3 and help us meet that goal!

## Get Your Holiday Shopping Done Early!

Learning Express in Ann Arbor will donate 20% of any purchases made on Thursday, Nov. 3 - Sunday, Nov. 6 to A2A3. Go to **[www.a2a3.org](http://www.a2a3.org)** for the coupon.

Contact Us



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