

# Let's Go!

**ACTIVE  
AGAINST  
ALS**



ANN ARBOR NEWSLETTER  
FALL 2018



## Bob & Gretchen reflect on a decade

We hope you had a fantastic summer! Our family spent a week at our “happy place,” Sleeping Bear Dunes. We love the dunes, Cherry Republic, Lake Michigan, Manitou Islands, Art’s, and the slow pace of Glen Arbor. Reviewing photos from this year’s trip, we couldn’t help but look back to photos from our trip to the same spot just over ten years ago. Maddie and Sophie sure have changed! We look back fondly to those years of summer softball, elementary school, and birthday parties at our home. At the same time we look to embrace and learn from this new stage in life, with both Maddie and Sophie off to college and thriving.

We celebrated the 10th anniversary of diagnosis by reflecting on all that we’ve learned since July 29, 2008 and

being thankful for the countless number of people who have helped us through the years. We started a journal a few years ago that lists all the ways people have helped us, and it is hard to keep it up to date because we have benefited from so many! Thank you!

Active Against ALS’s 10-year anniversary on Nov. 10 will be a special gathering to reflect on a decade of accomplishments, and celebrate and honor those who have supported and fueled our efforts, including our dear friend and founding board member Suzanne Ross who this past month passed away after a valiant battle with cancer. Our family hopes you will join us in November. We look forward to seeing you there!



**JOIN US!!!**

We have been hard at work planning our 10-year Anniversary Gala that will be held on November 10 at Travis Pointe Country Club.

We are delighted and honored to have Ari Weinzwieg, Zingerman’s co-owner and founding partner, as our guest speaker. We will also draw one adult and one youth prize from the raffle tickets participants have filled out at our many events this past year.

The evening will be a wonderful opportunity for us to celebrate how far we’ve come in the past ten years, including raising over half a million dollars for cutting-edge ALS research while actively engaging in the fight against ALS. We look forward to seeing you there!

To register, click [here](#).



## Sharing very sad news



Our hearts were broken when our founding board member and beloved friend Suzanne Ross succumbed

to her year-long battle with cancer on September 17. We look forward to celebrating the indomitable, inspiring spirit of Suzanne in our next issue.



## Supporter Spotlight

### Mitch Garner: cheering us toward 'the finish line'

We are delighted to highlight our longtime sponsor and supporter: **Mitchell Garner**, the president of the Ann Arbor Track Club and the Road Runners Club of America.

"Mitch" lived in Chicago until 1994, when a job change brought his family to Ann Arbor. He graduated from Yale University with a B.A. in economics. During his junior year there, he studied abroad at the University of Paris, where he earned a degree in political studies. Mitch attended Loyola of Chicago Law School and following graduation, passed the bar exam and immediately started his career as an attorney.

When Frank Shorter, also a Yale graduate, won the gold medal in the men's marathon at the 1972 Munich Summer Olympics, Mitch decided to turn his own athletic abilities toward distance running, with the goal of running a marathon. He achieved that goal in 1977, when he completed the Mayor Daley Marathon in Chicago, the first of 17 marathons, including seven Boston Marathons. Mitch has passionately run hundreds of races across the United States.

In 1999, Mitch joined the Ann Arbor Track Club to become a better runner and qualify for the Boston Marathon in 2000, and was successful on both counts. He's inspired by the altruism and volunteerism in fellow runners.

"Every race is a win-win-win," he said. "First, it's a win for the runners, who improve their health and fitness by participating. Second, it's a win for the community because each race engenders a sense of community and a spirit of volunteerism. Third, it's a win for charities, like Ann Arbor Active Against ALS, that benefit thousands of dollars each year from races put on by running clubs."

Mitch learned about our organization through his friends, Joel and Jackie Dalton. "They have given their time and talent unselfishly for this cause and I have the highest respect and admiration for them," he said.

When the Electrical Training Institute approached the Ann Arbor Track Club to find a fitting charity for a road race they wanted to establish, Mitch put them in contact with the Daltons. Hence, the Electric Bolt has become one of our most successful events.

Mitch attended our annual meeting in March and learned about the great strides being made toward finding a cure for ALS.

"Through the diligent efforts of many dedicated researchers, a cure will be found," Mitch stated. "It is inevitably just a matter of time. With the 'finish line' in sight, it's more important than ever that we continue to support the mission of Ann Arbor Against ALS."



Mitch Garner (center) with Jackie and Joel Dalton.



# Thank You

## KNIGHT FOUNDATION GRANT AWARD

We are pleased to continue our partnership with The **James A. & Faith Knight Foundation** having been awarded another generous grant for 2018. This one year award will support the organization's administrative and financial oversight operations. Our sincerest appreciation to the Knight Foundation.

## BOX CAR DERBY

A gorgeous day welcomed 40 racers with over 150 people attending. New champions emerged this year: Team Magma (9 & under), and Team Chris P Bacon (Open and Overall champion). We eclipsed our \$20,000 fundraising goal with university student and community support. Thanks to everyone who helped "grease the wheels" for ALS research! Huge thanks to our partners **Phi Delta Theta** and the Michigan Alpha Alumni Association and to our Gold Sponsors for their continued support: **Suburban Chrysler Jeep Dodge Ram of Ann Arbor**; and **ETAS**; and our Silver Sponsors: **Hotels Unlimited**; **Foley & Lardner LLP**; **Amherst Fund LLC** and **Bridgewest Group**. Thanks also to our In Kind Donor, **Biggy Coffee** for the coffee and lemonade. Click [here](#) for photos and [here](#) for a local TV video.

## TWINKIE RUN

Nearly 600 participants, including teams **ISR Runs for Bob** and **U-M Relay For Life – College of Pharmacy**, ran this unique race at Gallup Park. Thank you to our generous Silver sponsors, **Bank of Ann Arbor** and **Blue Care Network of Michigan**. Special thanks also to **The Local Bike Shop A2** and **Tortoise and Hare**. We could not do it without their support as well as the support of our volunteers! Thanks to **Black Diesel Coffee** for donating the coffee that got us going on race morning – and to **Meijer** for helping out with the Twinkies that so many folks enjoyed plain and grilled! Check out photos from this year's run [here](#).

TO EVERYONE WHO HAS DONATED, VOLUNTEERED, OR SPONSORED AN EVENT OR PLANNED AN EVENT OF YOUR OWN. WE HAVE NOW RAISED MORE THAN **\$500,000** FOR ALS RESEARCH!

## ELECTRIC BOLT

More than 300 people ran along the river and many others ran remotely for the 7th Annual Electric Bolt raising nearly \$14,000 for ALS research! Deep thanks to our primary sponsors, the **Electrical Training Alliance** and the **American Technical Publishers**, that make this beautiful race possible. Thanks also to: **Ann Arbor Track Club**; **IBEW Local 639 San Luis Obispo**; National Electrical Contractors Association Monterey Bay; **Black Diesel Coffee**; **Physical Therapy in Motion**; and **Zingerman's**. Many thanks to **Ann Arbor Running Company** for hosting packet pick up and helping promote the race. See photos from the run [here](#) and race results [here](#).

## SWIMATHONS



Over two weeks in mid-July, two incredible youth swimathons took place at local swim clubs. Thank you to the swimmers, divers, coaches, volunteers, and donors from **Huron Valley Swim Club**, and **Racquet Club of Ann Arbor**! We had over 175 swimmers and divers, and raised more than \$21,000 for ALS research. Hooray to such amazing, inspiring and ACTIVE young people and everyone who supported them! Special thanks to **Washtenaw Dairy** for their donation to the "donut bar"! It was a HUGE hit!

## NUCLEATE BEER FESTIVAL

Cheers and thanks to **HOMES Brewery** and all the breweries and hundreds of attendees who made the inaugural Nucleate Beer Festival at Vet's Park a fun and phenomenal success. Their partnership with us raised more than \$5,000 for ALS research!

## National ALS Awareness Month Events Recap

On May 7, Mayor Christopher Taylor proclaimed May 10th ALS Awareness Day in Ann Arbor for our organization's 10th year of being Active Against ALS! To read the proclamation and view videos and comments, click [here](#).

Huge thanks to the more than 50 community businesses that generously helped us raise awareness about ALS by displaying our informative trifold during May. Additional thanks to **Morgan and York** and **Lucky's Market** for not only featuring our trifolds but also hosting our display table and shirt sales.



Sincere thanks to **Biglora** in Ann Arbor for generously designating us as the recipient of their "Day of Giving" to help raise awareness about ALS by displaying our trifolds and donating 10% of their entire day's sales. We are grateful to the friendly staff, and the tremendous outpouring of support from the community. More than \$700 in proceeds from the event will fund critically needed ALS research.

*Ann Arbor*  
**ACTIVE  
AGAINST  
ALS**

RAISING FUNDS. RAISING HOPE.

2020 Shadford Road 734.623.9877  
Ann Arbor, MI 48104 info@a2a3.org

[WWW.ACTIVEAGAINSTALS.ORG](http://WWW.ACTIVEAGAINSTALS.ORG)

*Rivalry Ride*

Saturday, October 20

Join our 7th Annual Rivalry Ride for ALS on U-M vs. MSU game day! This year's ride starts in Lansing and finishes in Ann Arbor, and will include lunch! Register [here](#).

*Save a Tree!*

Opt out of receiving the paper version of our semi-annual newsletter. Email [elizabeth@a2a3.org](mailto:elizabeth@a2a3.org) to be taken off our hard copy list and you'll be automatically added to our email list for the electronic version.

*Shop to Fight ALS!*

Show your support for Active Against ALS!! Visit our online [store](#) through Red Bubble to purchase a variety of items such as hoodies, tees, mugs, bags and more! All proceeds fund ALS research.

*10<sup>th</sup> Anniversary Gala*

Sat., Nov. 10/7-10:00 p.m.

Join us as we reflect on a decade of memories and accomplishments, and renew our commitment to moving forward with continued resolve into the future. For more info click [here](#).

2020 Shadford Road  
Ann Arbor, MI 48104

**ALS  
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*Ann Arbor*