Update from Gretchen

It's been an eventful year to say the least. We are slowly getting into a new rhythm in our lives. We miss Bob terribly still and can't believe it will be one year in October since he died. Sophie graduated from Tufts University in June with a degree in Community Health and started her new job in Boston at Costello Medical in August. Maddie wrapped up her first year of teaching -- 2nd graders at Crofton Meadows in Crofton, Maryland. The three of us took a special trip this summer to explore the Northeast corner of Spain – lots of hiking, beach, and exploring of Barcelona and San Sebastian. It was good to have the time together and learn new things about our world. We're looking forward to Summer 2023 when Maddie will marry her long-time, wonderful partner Matthew Schickling! We’ve just begun wedding planning. It won't be the same without Bob, but he will be with us in spirit each step of the way. I look forward to running into many of you at Sunday in the Park. Last year's event was a wonderful time for Bob to see the spirit of Active Against ALS alive and well and growing!

Upcoming Fall Events!

We are hosting our second annual Sunday in the Park with Active Against ALS: Sunday, September 18 from 2:00-4:30 p.m. in Burns Park. The afternoon will feature food, fun, crafts, and games for all ages – preschoolers to seniors – cornhole, an obstacle course, fitness, and MORE! The popular vegan Shimmy Shack Food truck will be there, and we'll also have grilled hotdogs and brats – and baked goods, too.

The event is FREE. Please join us to reconnect with old friends, make new friends, and get to know AAALS! Through sponsorships/donations, food and beverage sales, plus a raffle and silent auction, we hope to raise much-needed funds for ALS research. For more information and/or to register, click here.

Rivalry Ride October 1

Join us on Saturday, October 1 for the 11th Annual Rivalry Ride from Spartan Stadium to the Big House. We will transport riders and their bicycles from Ann Arbor to East Lansing to ride a metric century back to Michigan Stadium. Lunch will be provided at the halfway point in Stockbridge. NEW THIS YEAR: Riders can participate in our HALF STADIUM RIDE! We will transport riders and their bikes from Ann Arbor to Stockbridge to start the half metric century ride back to the Big House. Register here.

If you are unable to join us on Oct. 1, we encourage you to consider creating your own ride and/or making a donation! You can ride any day, any time, any place, even at home on a stationary bike, and still help us raise funds for ALS Research.
Welcome A-board!

Please help us welcome these new board members. If you would like to consider serving on our volunteer board, we invite you to email Gayle Rosen at: gaylerosen5@gmail.com

Owen Kris is a U-M undergraduate, with an undeclared major. He is the current Philanthropy Chairman for the Phi Delta Theta Michigan Alpha Chapter, where he plans and coordinates events on behalf of the chapter in co-sponsorship with Active Against ALS. Owen’s first experience with Active Against ALS was volunteering at the 2022 Boxcar Derby, and he also assisted in planning our Sunday in the Park event.

Ria Lowenschuss is a senior at Community High School and extremely passionate about supporting Active Against ALS. She has been active in our organization since her elementary school days, most recently volunteering at Sunday in the Park. Ria hopes to encourage Ann Arbor high schools to become more active in AAALS, specifically by fundraising and encouraging more teenagers to volunteer. Ria plans to major in public health in college.

Anna Prince is a senior at Huron High School. She is passionate about medical research and is excited for the opportunity to be more involved with Active Against ALS and the ALS community. Anna is looking forward to working together with Ria to raise ALS awareness and encourage more young people to become involved with our organization.

Thank you, Sam Selley

We are grateful to Phi Delta Theta fraternity brother Sam Selley who has stepped down from our board. His leadership and dedication reinvigorated our partnership with the University of Michigan Phi Delts for both our Sunday in the Park event last fall and the Box Car Derby this spring. Sam’s support has been invaluable—not only to our organization—but also for raising more than $15K for the Live Like Lou Foundation’s research efforts with his incredible 100 miles in one day run in January 2021, which earned him the title “Iron Phi.” We wish him all the best in his future academic and career endeavors.

“On behalf of Phi Delta Theta, I would love to reiterate the amazing impact Active Against ALS has had on the local community and will continue to have in the future,” said Sam.

Scientific Advisory Board welcomes 3 new members

The work of the distinguished scientists on our Scientific Advisory Board (SAB) ensures that the money we raise supports the most promising research. Dr. Gerald Fischbach and Dr. Robert Brown, Jr. are stepping down from our SAB. Their dedication and service have been invaluable.

Joining our SAB are: Dr. Yuna Ayala (St. Louis University School of Medicine), Dr. Mark Bromberg (University of Utah), and Dr. Sami Barmada (U-M Associate Professor and Director of the Michigan Brain Bank).

“Coaching for a Cure” offers a special way to thank and honor outstanding youth coaches

Looking for a way to honor a youth coach for all of their hard work and dedication? Consider making a donation to Active Against ALS in their name. At the end of a sports season, many parents want to find a way to thank their coach for supporting and teaching their children. Active Against ALS has formed “Coaching for a Cure” as a way to honor these outstanding coaches. “Coaching for a Cure” symbolizes the many years of volunteer coaching that Bob Schoeni gave to Ann Arbor youth. Coach Bob would have been proud of this endeavor!

This past spring we honored coaches from a variety of local teams/neighborhoods, including Ann Arbor Open, Eberwhite, Wines, Lawton and Dickens. Honor your coach this fall by adding them to our Gallery of Coaches!
BOX CAR DERBY ROLLING AGAIN

The Box Car Derby on April 10th was an amazing day to ROLL OVER ALS! A huge thank you to everyone who came out to support us! Thank you to our Phi Delta Theta University of Michigan partners who helped made the day possible! Thanks also to our incredible sponsors; BIGGBY COFFEE, Unity Vibration Kombucha, Trader Joe’s, Merkel Carpet One, Pizza House, Busch’s on Plymouth Road, and the Alumni Association of the University of Michigan Alpha Chapter of the Phi Delta Theta fraternity! Shout out of thanks to Keith and Jeannie Weidmayer for providing the straw safety barriers. A great time was had by all as we “fund-raced” for ALS research.

RAISING ALS AWARENESS

Thank you to everyone who joined our efforts to raise ALS Awareness in May! Folks from as far away as Colorado chalked their walks or displayed our yard signs to share facts and messages about ALS. Several businesses in Ann Arbor displayed our informative trifolds and Jack’s Hardware helped raise awareness on their outdoor sign. We also invited the community to explore a dozen Little Free Libraries around Ann Arbor, Saline, Ypsilanti, Chelsea, and Dexter to find books we added about ALS, Lou Gehrig’s life and baseball career, and stories authored by patients and families who have lived with ALS. All the books included ALS facts and one of our newly minted bookmarks with information about our organization’s mission. Special thanks to the Saline District Library for helping to raise awareness about ALS by partnering with us to create an eye-catching display of ALS facts and books.

SWIMATHON A SPLASHING SUCCESS

Thank you to EVERYONE who made the 2022 Youth Swimathon and Prize Day so much FUN and an incredible success! Nearly $16,000 was raised for ALS research. We are overwhelmed and beyond grateful to The Huron Valley Swim Club for sponsoring the event, and the coaching staff for all their support! Thanks also to Amanda Mercer and Jenny Jalet for their leadership in organizing the event and for continuing to inspire young people’s efforts to swim for a cure! Thanks to the entire Tang family for their amazing participation and support over the years! Congratulations to all the participants, their teams, and the donors who supported them. This year’s top four fundraisers were: Tobias Tang, Addison Williams, Anneka Tang, and Tim Weber. The awards for different levels of fundraising were unique this year as they followed a more “going green” theme and eliminated hundreds of the usually plastic prizes.

BACK WITH A BANG! FIRECRACKER 5K AND TWINKIE RUN

April 1st just has not been the same without the annual Active Against ALS Twinkie Run! While we are looking forward to the return of the Twinkie Run in Gallup Park in 2023, we just couldn’t wait any longer to run, eat Twinkies, wear crazy costumes and raise funds for AAALS. So, on July 4, we partnered with Epic Races and joined the Ann Arbor Sports Commission Firecracker 5K to create the Firecracker 5K and Twinkie Run! HUGE thanks to everyone who participated in or donated to this fun event.

TO EVERYONE WHO HAS DONATED, VOLUNTEERED, OR SPONSORED AN EVENT OR PLANNED AN EVENT OF YOUR OWN. WE HAVE NOW DONATED $836,731 FOR ALS RESEARCH!

SUNDAY IN THE PARK
September 18
Details here.

RIVALRY RIDE
Saturday, October 1
Register here.
To make a donation, scan the code below:

ANNUAL MEETING
Monday, November 7
Details TBD
**Active Against ALS**

Raising Funds. Raising Hope.

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[www.activeagainstals.org](http://www.activeagainstals.org)

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**Rivalry Ride**

**Saturday, October 1**

Ride starts at Spartan Stadium and ends at the Big House. New this year is the option to participate in a half stadium ride from Stockbridge to Ann Arbor. [Register here.](#)

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**Sunday in the Park**

**Sunday, September 18**

FREE event with games, food and fun for all ages in Burns Park in Ann Arbor. For more information and/or to register, click [here](#).

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**Save a tree!**

Opt out of receiving the paper version of our semi-annual newsletter. Email us at [info.activeagainstals@gmail.com](mailto:info.activeagainstals@gmail.com) to be taken off our hard copy list and added to our email list for the electronic version.

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**Wanted: Twinkie Run co-chair!**

We’re looking for someone to share in the coordination of this popular, fun event held every year on April 1st. If you’re interested, please contact Gayle Rosen at [gaylerosen5@gmail.com](mailto:gaylerosen5@gmail.com) for more details.