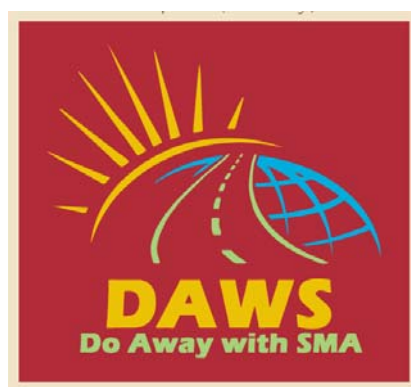


DAWS WEEKLY

VOLUME 1, EDITION 3



Quick Hits for the week of June 19th through June 25th 2017:

- Cure SMA's North Jersey Chapter is held their annual Walk-n-Roll on June 25th in North Brunswick. Here's hoping that they had a blockbuster day!!!!
- Cure SMA is scheduled to hold its Annual Conference from June 29th through July 2nd 2017 in the Contemporary Hotel at Walt Disney World in Orlando, Florida. DAWS will have representation at the conference, and it provides a great forum to maintain our understanding of the current state of affairs with regard to SMA research and family needs. We plan to meet and talk with families that are affected by this disease, which will help guide us with regard to where we can do the most good.
- For our friends in the United Kingdom, the SMA Trust has a series of awesome events that you can check out to help in the fight against SMA. These events include mud

SMA FACT:

WHEN TWO ADULTS THAT ARE CARRIERS OF THE RECESSIVE GENE HAVE A CHILD, THAT CHILD HAS A 25% CHANCE OF HAVING ONE OF THE FOUR TYPES OF SMA, A 25% CHANCE OF NOT BEING A CARRIER, AND A 50% CHANCE OF BEING A CARRIER AS WELL.

runs, The Great North Run, The Sheffield 10k, and other really interesting excursions!!!
Feel free to check them out at:

<http://www.smatrust.org/get-involved/fundraising/mad-challenge/events/mad-challenge-events/>

- We want to say thanks to 'The Mickey Miles and More podcast for having us on in episode 490, and for the special shout-out on episode 491!!!!!! Download the podcast and give it a listen on Itunes!!!!

A Tip of the Cap.....

DAWS would like to express our sincere thanks to those who donated to our runners over the past week as part of the 2017 Marine Corps Marathon:

- “Funsized Jenn” (awesome nickname, by the way!)
- Jason and Amy Chase

And a HUGE special THANK YOU to the Advantage Martial Arts Team for an amazing fund raiser last weekend!!! You guys really rock!!!!!! Check out the pictures on the next couple of pages!!!! (cannot help all of the exclamation points – we’re just excited about the incredible enthusiasm)





THANK YOU ALL SO VERY MUCH FOR YOUR SUPPORT'!!!!!!!!!!

RUN WITH DAWS....AND THE MARINES!



No Federal of Marine Corps endorsement of
advertisers or sponsors is implied

Do Away With SMA ("DAWS") is EXTREMELY PROUD and HONORED to announce that we have been named an OFFICIAL CHARITY PARTNER of the 2017 Marine Corps Marathon!!!! There are only 40 spots available for this incredible marathon journey...and we are sure that runners will snatch these entries up FAST!!!!

Here's what our runners get by joining our cause and running with DAWS:

- A training plan to help you go from casual runner to mission ready
- A team technical shirt as well as various other awesome team swag
- Access to our coaches through email, bi-weekly skype call, and group conversations within our closed Facebook group to support you during this incredible journey
- Tips and tricks to get you prepared for race day, including group conference calls on nutrition, race gear, and handling the mental aspect of 26.2 miles
- A race weekend carbo-loading pasta-filled team dinner
- ...and LOTS, LOTS MORE!!!!!!

In order to join our merry band of marathon-crushing runners, we ask each athlete to help us fund raise a minimum of \$750 by August 15th 2017. For more information, check out our website (www.doawaywithsma.org) or drop us a line at info@doawaywithsma.org.

THIS WEEK IN ENDURANCE

Do Away With SMA was founded by a group of runners that banded together to form a charity to help in the fight against Spinal Muscular Atrophy – the number one genetic killer of kids under the age of two in the world. So we're going to provide a quick synopsis and calendar of upcoming, interesting races each week. So.....without further adieu.....

Races In the Books:

- June 11th saw the Ironman Asia-Pacific Championship take place in Cairns, Australia. (FYI: the swim portion of this race is near the Great Barrier Reef.....soooooooo, #racegoals.....). For the men, Josh Amberger of Australia won in a time of 8:02:17. He crushed a 47 minute swim, followed it up with a sub 4 hours and twenty minute bike, and then ran 2:53 in the marathon. WOW. For the women, Sara Crowley won with a time of 8:58:14. This included a sub five hour bike and a 3:06 marathon. She placed 16th OVERALL.
- June 17th saw the Rock n Roll Seattle Marathon took place. A rather hilly course, with tons of fun bands throughout. Winning mens time was 2:38:55, and the winning womens time was 2:45:36.

Races Coming Up:

- June 24th – 25th: The Western States Endurance Run
- June 25th: Ironman France
- July 10th – 12th: Badwater 135
- **July 16th: New York City Triathlon! DAWS ATHLETES PARTICIPATING!!!!**
- September 3rd: Disneyland Half Marathon
- September 24th: Berlin Marathon and the Disneyland Paris Half Marathon
- October 8th: The Bank of America Chicago Marathon
- October 14th: Ironman World Championship
- **OCTOBER 22nd: MARINE CORPS MARATHON!!!! COME RUN WITH US!!!!!!**
- November 5th: TCS New York City Marathon and the Disneyland Wine & Dine Half Marathon
- November 12th: Disneyland Avengers Half Marathon
- **November 18th: New York City 60k DAWS RUNNERS PARTICIPATING!!!!**
- **December 3rd: California International Marathon!!!! DAWS RUNNERS PARTICIPATING!!!!**
- **January 6th 2018: Walt Disney World Half Marathon! DAWS RUNNERS PARTICIPATING!!!**
- **January 7th 2018: Walt Disney World Marathon! DAWS RUNNERS PARTICIPATING!!!!**

HERE'S HOW YOU CAN FOLLOW ALL OF THE ACTION.....

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