

# DAWS WEEKLY

WELCOME TO OUR NEW NEWSLETTER!



Welcome to our new newsletter!!! Do Away With SMA (“DAWS”) is a 501c-3 non-profit charity dedicated to the development and execution of unique projects and programs for the purpose of increasing the public’s awareness of Spinal Muscular Atrophy (“SMA”), and raising donations for medical research and assistance for families affected by SMA.

So far, DAWS has accomplished some fairly significant milestones:

- In May 2014, DAWS completed its first virtual 5k, simply called May the Fourth be with You. Participants earned a cool medal, and the charity turned a profit for the event.

## SMA FACT:

APPROXIMATELY 1 IN 50 AMERICANS IS A GENETIC CARRIER OF SMA.

- Based on the popularity of the first virtual 5k, we released our second virtual 5k of the year, called The Emperor's Royal Guard Virtual 5k. Another fantastic medal was designed and given to all participants. This race was completed in November 2014.
- In January 2015, two of our awesome Board members raised over \$700 in donations by running the Walt Disney World 10k.....dressed as Ana and Elsa from the hit movie Frozen! Needless to say, they had everyone singing "Do You Wanna Build A Snowman?" for more than six miles!
- In late August / early September 2015 we conducted our first long distance endurance event, dubbed "500 Miles for SMA". The run covered over 450 miles over an 18-day period, beginning at the Walt Disney Family Museum within the Presidio of San Francisco and ending at the front gates of Disneyland.
- In November 2015, we completed our third virtual 5k of the year, entitled The Yavin Challenge. A gorgeous medal was earned by each participating athlete.
- As a result of these successful fundraisers, DAWS was able to provide the SMA Clinic of Nationwide Childrens Hospital with a \$5,000.00 donation on December 31<sup>st</sup> 2015.
- 2016 was a year of preparation...because 2017 will be HUGE.

Some fantastic things are going on with DAWS in 2017, the highlight of which consists of a 26.2 run through the streets of DC, an expansion of our services to SMA families, representation within an Ironman, and the development of our official running team! We hope you'll join us on this eventful journey!!!



## **From Mouse To Museum California Tour 2015**

- ✂ **Walt Disney Family Museum – August 18**
- ✂ **Half Moon Bay – August 18**
- ✂ **Santa Cruz – August 20**
- ✂ **Monterey/Carmel August 22**
- ✂ **Big Sur – August 23**
- ✂ **Cambria – August 25**
- ✂ **San Luis Obispo – 26**
- ✂ **Santa Maria – 27**
- ✂ **Santa Barbara – 30**
- ✂ **Ventura – August 31**
- ✂ **Malibu – September 1**
- ✂ **Santa Monica/Beverly Hills – September 2**
- ✂ **Disneyland – September 3**

# RUN WITH DAWS....AND THE MARINES!



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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](http://www.doawaywithsma.org)) or drop us a line at [info@doawaywithsma.org](mailto:info@doawaywithsma.org).

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

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INSTAGRAM: DAWSMA

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