

Memphis 2 Mobile *What You Need to Know*

- ◆ M2M is a four day team relay run from Memphis, Tennessee to Mobile, Alabama.
- ◆ Runners have the option to participate all four days, or in a two day shift, either at the beginning or the middle of the relay. Transportation will be provided to and from the halfway point of the relay for runners who choose the two day option.
- ◆ M2M runners will depart Mobile on Wednesday, October 16, 2019. All runners will be transported to Memphis by motor home.
- ◆ Runners begin the relay on Thursday, after a send-off celebration and a tour of St. Jude Children's Research Hospital.
- ◆ Upon arrival in Mobile on Sunday, October 20, 2019 at 12:00 PM, you will meet sponsors and friends at Moe's BBQ Downtown for an End of Run Celebration!
- ◆ **Chefs travel with the runners and provide meals during the entire trip.**
- ◆ Participants run 20 — 30 mi. over four days. Runners don't get much sleep. The route is based on running 11 min. miles.
- ◆ This is a fund raising event. Unfortunately, we are required by a tight budget to ensure that all runners raise a certain amount of funds. 1st time runners need to raise at least \$1500. Return runners should raise \$2000. Most runners raise more than this, and we appreciate their extra effort. You can contact M2M staff for ideas and assistance in your fund raising activities.

www.mobilestjuderun.org

Facebook Memphis To Mobile

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Run Facts

- ◆ The Memphis to Mobile Run began in 2010, with 22 runners who raised over \$89,000.
- ◆ The St. Jude Runs Association has raised more than \$33 million for the children of St. Jude.
- ◆ Participants cover 399 miles from Memphis to Mobile — 24 hours a day, for 4 days, rain or shine.
- ◆ 100% of every dollar donated to a runner goes toward the research, care, and treatment of children at St. Jude Children's Research Hospital.
- ◆ Donations are tax deductible and receipts are available upon request. Donor checks should be made payable to St. Jude Runs.

If You Can't Go to Memphis

You can still help!

1. Download the free Charity Miles App to your smart phone www.charitymiles.org
2. Login and search for a team that has M2M in the name
3. Join the team and log training miles

Charity miles solicits corporate sponsors who will donate to St. Jude in return for the miles you log *without any charge to you.*

What To Bring With You On The Relay

- ◆ SAFETY VEST (mandatory at all times when on the road)
- ◆ 6 or more change of running clothes
- ◆ Clean outfit to wear running into Moe's BBQ
- ◆ Personal toiletries, sunscreen, insect repellent
- ◆ Medications (vitamins, pain relievers, any personal prescriptions) - Kleenex, bathroom soap, air freshener
- ◆ 2-3 pairs of running shoes and flip flops
- ◆ Anti-chafing agent (gold bond or sports cream)
- ◆ Sweatpants & sweatshirt and a light jacket
- ◆ Pillow, blankets, towels and sleepwear

OTHER SUGGESTED ITEMS:

- ◆ Music (MP3 or CD) to play through the chase van PA while running
- ◆ Any special food you may want
- ◆ Sunscreen
- ◆ Hat / visor

This event is extremely heartwarming. You will meet wonderful people, all running for various reasons. Expect lots of nice surprises. This unique experience is well worth the effort.

St. Jude Children's Research Hospital

Unsure of his life's direction, a young Danny Thomas sought guidance from St. Jude Thaddeus, the patron saint of hopeless causes. If the saint pointed to the path he should take, Danny vowed to build a shrine in his name. Success followed Danny's plea and, soon after, the legendary entertainer set about fulfilling his vow to St. Jude. The result was St. Jude Children's Research Hospital.

The hospital was founded in 1962 and, since then, has been a leader in finding cures for childhood catastrophic illnesses which include cancer, HIV, hemophilia and a host of others. St. Jude and over 46 of its staff members have been the recipients of numerous exemplary awards and achievements. For example, in 2010 St. Jude Children's Research Hospital was named the number one children's cancer hospital in the U.S by *U.S. News & World Report*. It has also been named one of the top 10 companies to work for in academia by *The Scientist* for 7 successive years. Most notably, Peter C. Doherty, Ph.D., of St. Jude Children's Research Hospital was co-recipient of the 1996 Nobel Prize in Physiology or Medicine for work related to how the immune system kills virus-infected cells.

All medically eligible patients accepted for treatment at St. Jude are treated without regard to the family's ability to pay. St. Jude is one of a few pediatric research organizations in the United States where families never pay for treatments that are not covered by insurance, and families without insurance are never asked to pay. All expenses not covered by insurance are paid with donations given and collected by people like you, so please join us in finding cures for innocent victims of ravaging diseases.

***“No child should die in
the dawn of life.”***

Danny Thomas
Founder

St. Jude Children's Research Hospital

Memphis to Mobile Run For St. Jude

www.mobilestjuderun.org

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2019

ST. JUDE MEMPHIS TO MOBILE RUN



St. Jude Children's
Research Hospital

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