

George Scapin

To: everyone@mcguiresrunners.com
Subject: McGuire's Running Club

McGuire's Running Club

To all McGuire's Runners:

NMCRS 2009 FUND DRIVE 5K RUN/WALK

NMCRS
2009 FUND DRIVE
5K RUN/WALK
SPONSORED BY VT-3

March 28, 2009
at 10:00 AM
NAS WHITING

A brief summary on the Society:

We are a non-profit organization who provides interest free loans or grants to service members and their families when faced with emergency situations. Every dollar donated is distributed to our military.

Society info : www.nmcrs.org

Race info : www.vt3run.com

There are tons of prizes that I have not listed on the website. That is because we are continuing to receive donations from local companies at this time.

Please feel free to contact me if you have any questions or concerns,

V/R,
Krystal Herrera
505-720-5641
Chair of Marketing, NMCRS

Run for *Their* Lives" 5k run/walk

"Run for *Their* Lives" 5k run/walk
Saturday, April 4, 8 AM, Pensacola Beach

Featuring Live Music with local favorite band "The Smart Brothers" Free Raffle with Great Door Prizes including one year free wine tastings at Aloha Wine, ten free yoga classes at Abhaya Yoga Center, free oil change at Express Oil Change, restaurant gift cards, and many more)

Long-sleeved t-shirt guaranteed to the first 200 registered participants!

All proceeds benefit Lakeview Rape Crisis/Trauma Recovery Center

Please visit www.eLakeviewCenter.org for a registration form and more information. For questions, contact Erika Smith at erika.smith@bhcpns.org or 469-3800.

Thanks,
Erika

Erika Smith, M.S., LMFT, CTS
Rape Crisis/Trauma Recovery Therapist
Lakeview Center, Inc.
Phone (850) 469-3942
Fax (850) 469-3661

Parking

Please do not park in the restaurant parking lot. There is parking behind the restaurant and down toward Bayfront. Please review the parking locations on our rules page at <http://www.mcquiresrunners.com/?p=Rules>

Safety

Please review the safety guidelines on our website at <http://www.mcquiresrunners.com>

Volunteers for our club

If you'd like to help out with attendance on Tues nights, please reply to this email. We could use more people to help out with attendance and other misc activities.

Sponsors Us

We have several sponsorship levels available as well as email advertising options. If you would like more information, reply to this email.



DISCLAIMER - This email was sent by Cousin Nathan, but the content provides contact information. Cousin Nathan may act like he knows everything, but the stated contact within the email message may be your best bet for information. If all else fails, Cousin Nathan will respond to your questions (usually with "I dunno", but you may get lucky).

EXCLUSION INFO - If you elect to be excluded from the McGuire's Runners group e-mail messages, please respond to this message stating so.

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Need web work? We provide web pages and applications for a reasonably rate. Visit Sydtech LLC on the web at <http://www.gosyotech.com>.
Become a sponsor of the running club. We have several different sponsoring levels to choose from. Please contact us for more info:
cousin_nathan@mcguiresrunners.com

Provided by

