



PENNIES for POUNDS

Ann Arbor Active Against ALS (A2A3) is a new not-for-profit organization created by friends and colleagues of Ann Arbor residents Bob Schoeni and Gretchen Spreitzer to support finding a cure for ALS. (For details, go to www.A2A3.org). Bob, recently diagnosed with ALS (Lou Gehrig's Disease), is known to most of the kids he has coached over the last six years in a combined twenty three seasons of soccer, field hockey, and softball (so far) as simply, "Coach Bob."

A2A3 hopes to raise money to donate to the most-promising ALS research - as well as to raise awareness about ALS - by helping people to be active and strong. **That is, we wish to fight ALS directly by doing the opposite of what the disease does to the bodies of those stricken by it.**

Ken Silverman, an active coach himself and close friend of Bob's - but "not a runner" - saw his friends running the Big House Big Heart 5K last fall in solidarity with Bob, and thought, "What could I do to help?"

This is it: Ken is working to BUILD muscle rather than DESTROY it, as ALS does. He is training to **leg press at least one rep of 1,000 pounds by the one year anniversary of when Bob felt his first ALS symptoms.** Ken was able to do this long ago, and he will do it again around the end of April.

Your part? Ken would like you to donate at least **ONE PENNY** per pound to his fundraising and training effort - 100% of which will be donated by A2A3 to research.

Thank you SO MUCH for supporting A2A3. If you are interested in joining us as we ramp up all sorts of active events and training programs, please watch our calendar or sign up for our newsletter at www.A2A3.org!

IT IS EASY TO PLEDGE! Pledge by paper form (next page), by downloading and filling out this form at www.A2A3.org (fill it out by hand or type it, but you'll have to print – if you can print to pdf, you'll be able to email it), or by donating online using a credit card at www.A2A3.org! Email the form to your friends!

Questions? Send an email to pounds@a2a3.org!



ANN ARBOR Active Against ALS

PENNIES for POUNDS Pledge Form

Ken will press 1,000 lbs for A2A3 in the name of our friend, Coach Bob. Please pledge here to help Ken in his fundraising effort! (Visit www.A2A3.org to make an online contribution instead.)

Donor Information (please print or type)

Name:	
E-Mail:	

Pledge Information (please choose a payment level)

<input type="checkbox"/>	ONE Penny per pound: \$10
<input type="checkbox"/>	TWO Pennies per pound: \$20
<input type="checkbox"/>	THREE Pennies per pound: \$30
<input type="checkbox"/>	FOUR Pennies per pound: \$40
<input type="checkbox"/>	ONE NICKEL per pound: \$50
<input type="checkbox"/>	ONE DIME per pound: \$100

Choose Your Own (make a separate or additional pledge level)

<input type="checkbox"/>	Additional Pledge (put amount in box)
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<input type="checkbox"/>	TOTAL Amount Pledged (put amount in box)
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I plan to make this contribution in the form of:

cash check credit card other (PayPal, Google Checkout, etc. If you check 'other', be sure to include your email above so we can contact you.)

I wish to have our gift remain anonymous.

Please sign me up for the A2A3 newsletter so I can learn about A2A3 events and training.

I am interested in helping with A2A3 event planning or fundraising.

I am interested in being a coach or training resource for A2A3.

For information about A2A3 volunteering, training, and events, visit www.A2A3.org or email info@a2a3.org

Please give this form to Ken, or mail it and checks, corporate matches, or other gifts to:

**A2A3
2020 Shadford Road
Ann Arbor, MI 48104**