



www.A2A3.org

A2A3 Ann Arbor Active Against ALS Holiday Relays

USMS Sanction # 1910-0015S

Sunday, December 12, 2010

Welcome to the inaugural A2A3 Holiday Relays! This charity event is sanctioned by Michigan Masters for USMS, inc. All proceeds go to finding a cure for ALS (a.k.a. Lou Gehrig's Disease). We want you to have a great time. Events will include all standard USMS relays in addition to non-traditional/fun relays. Bring your friends and teammates. **Come solo and we'll put relay teams together for you.** Have fun!

LOCATION: Skyline High School Natatorium
2552 N. Maple
Ann Arbor, MI 48103

Skyline's pool opened in the fall of 2008. It is a state-of-the-art 25-yard pool with eight competition lanes and three additional lanes for warm-up/cool-down.

SCHEDULE: Warm-up: 9:00 a.m. Meet Start: 10:00 a.m.

ELIGIBILITY: All swimmers must be current 2010 or 2011 members of USMS (proof required).

REGISTRATION: All entries must be received by Wednesday, December 8, 2010. Every entry must include signed USMS waiver release form. There will be no deck entries. Bring your USMS card to the meet. **Online entry available at www.a2a3.org.**

Mail paper entries to: Amanda Mercer
A2A3 Holiday Relays
2305 Woodside
Ann Arbor, MI 48104

ENTRY FEE: \$40.00 per swimmer. This includes 6 relay swims (5 of your choice + the optional t-shirt relay). The entry fee includes a t-shirt. (\$30.00 of entry fee is tax deductible)

RELAY ENTRIES:

- A competitor may not swim on more than one relay in the same event.
- A swimmer's age is determined as of December 12, 2010.
- The age of the youngest relay member determines the age group for that relay.
- Age groups shall begin at 18+, 25 +, 35+ and continue in ten year increments.
- **If you want to be eligible for a [Masters State](#) or [USMS National Record](#) or for [USMS Top Ten](#), then each relay team must be composed of USMS members of the same club.**
- **OTHERWISE:** Swimmers may register with other swimmers from other clubs or as unattached.

**YOU MAY REGISTER WITHOUT HAVING A COMPLETE RELAY!
JUST REGISTER BY SELECTING THE EVENTS YOU WOULD LIKE TO SWIM AND WE WILL
PUT TOGETHER RELAYS FOR YOU! (if you just need a third or a fourth, we can do that too.)**

AWARDS: Custom Pint glasses will be awarded to the top relay in each age group.

QUESTIONS: Meet Director: Amanda Mercer (734) 761-2188 or amandamercer@att.net.

Ann Arbor Active Against ALS

Because Every Day Counts!

What is Ann Arbor Active Against ALS?

Ann Arbor Active Against ALS (A2A3) is a non-profit organization founded in 2008 by friends and colleagues of Bob Schoeni and Gretchen Spreitzer after Bob was diagnosed with ALS.

In July 2008 Bob was diagnosed with ALS (Amyotrophic lateral sclerosis), commonly known as Lou Gehrig's Disease. ALS is a neurodegenerative disorder that attacks motor neurons in the brain and spinal cord. As motor neurons die, the brain can no longer control muscles or signal them to move. The body becomes paralyzed while the mind remains unaffected. ALS is not rare; 350,000 patients have it worldwide, and approximately 30,000 people throughout the United States. Patients live on average two-to-five years following diagnosis.

Currently, there is no cure or effective treatment for ALS. Initiatives to help fund ALS research are especially urgent because this research remains dramatically under-funded. Pharmaceutical companies have not invested their research dollars in ALS because they believe too few people suffer from this disease - thereby labeling ALS as an "orphan" disease.

ALS takes away activity and muscles from those stricken by it. Thus, the goals of A2A3 are metaphorically and literally both broad and simple: to enable and encourage people to be active and strong - individually and communally - to help fight the disease by doing the opposite of what ALS does to those stricken by it. We aim to raise awareness of ALS and its effects, to demonstrate solidarity with families impacted by ALS, and to raise funds for the most promising research into treatments and cures.

Though our organization started as a response to one particular and personal community occurrence, A2A3 hopes to grow into a valuable member of the broad community of people everywhere aiming to help all families impacted by ALS.

Please take a look at our website at www.a2a3.org for more information on our organization's community activities and fundraisers.

To date, we have donated \$54,000!