

DASH FOR DOC



Lace up those running shoes, and join us as we hit the streets of Columbia, MS in memory of our loved-one, Dr. Bryan F. McCraw. Whatever he did, he did 100%, and his love of running was no exception! He taught all of us that no matter what we set out to accomplish, we could do it! And because he always accomplished his goals, we are believers that we can too! Successfully finishing 5 marathons, a half-marathon, several 10K's and many 5K's, he inspired all of us to lace up and move! Whether that is running, walking or a combination of both - we are moving in the right direction - and we'd like you all to move with us. Days before his death, he ran a 26.2 mile (full marathon) training run in preparation for a June 2011 San Diego marathon, and was making plans for others...but none quite as great as the ING New York City Marathon in November 2011. Selected by lottery, Dr. Bryan McCraw was in! We were all going to New York to watch him run a *marathon of a lifetime*. While we know that it matters nothing to him now that he won't be running in New York, we want to celebrate his life on the same weekend he would have been in New York City! We will run the streets of Columbia on a route that was very special to Bryan - a route he ran with his grandson, Austin, on Austin's very first 5K distance. So...whether it is walking, running, or a little of both...please join us as we DASH FOR DOC!

5K RUN/WALK 1Mile Fun Run

DATE: November 5, 2011

TIME: 8:00 A.M.

COURSE: Friendship Park, Columbia, MS

Early Entry Fee: \$20/ **Day of Race:** \$25

No Guarantee of T-Shirt Day of Race

Net proceeds to benefit *The American Heart Association*

But those who trust in the LORD will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint.

Isaiah 40:31