



DASH 4 DOC 5K



For the past two years our Dash 4 Doc 5K event has been a huge success and has far exceeded our expectations. Our goal was to remember our father on the weekend he would have been running the New York City marathon in 2011, but what we experienced went far beyond that. With our two races combined, we have raised **\$13,000** for the **American Heart Association**. That could not have happened without the generous support of our sponsors and participants and for that we are truly grateful.

We are all amazed at how our community, as well as our family, friends and co-workers have rallied around us and supported our efforts. It has been great to see so many people participate and to have many people running or walking their very first 5K at the Dash 4 Doc 5K event. Most importantly, it has been so great to have this way to remember our Doc, Dr. Bryan McCraw.

We are very excited to announce that our **3rd Annual Dash 4 Doc 5K** will take place on **November 2, 2013**. We want this year to be even better than last year! Our net proceeds from the race will again benefit the American Heart Association, a great organization that helps save lives and promotes heart health.

This year, we are pleased to welcome the ***Biggest Loser Season 10 Winner, Patrick House*** to our race!

We are hoping that you will carefully consider sponsoring our event and be a part of something that is much more than just a race!

With great appreciation,

The McCraw Family

Sybil McCraw, Jay and Emily Rayborn, Grant and Amber Pittman, Rob and Abbey Bourne

Please return the enclosed form no later than October 18, 2013.

In Memory of Dr. Bryan F. McCraw



DASH 4 DOC 5K



5K RUN/WALK ½ Mile Fun Run

DATE: November 2, 2013

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

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

We are again remembering our loved one, Dr. Bryan McCraw, with our 3rd Annual Dash 4 Doc 5K. We are looking for sponsors to help us make this day a success. All net proceeds of this race will benefit the **American Heart Association**. Help us remember our loved one on this special day and help us raise money for a very worthy cause! Come join us as we DASH 4 DOC!!!

Sponsor: _____

Donation Amount: _____

(All donations are appreciated. Sponsorships of \$100 or more will be advertised on our race t-shirts! Sponsorships of \$250 or more will be advertised on our race t-shirts as well as our Finish Line banner.)

Please mail this form and donations to: Dash 4 Doc, 1401 Church Street, Columbia, MS 39429

Checks made payable to: Dash 4 Doc 5k or

Make payments through our PayPal account: dash4doc5k@yahoo.com

Donations can also be made on our website at www.dash4doc.com

Please return the form no later than October 18, 2013.