



# The Running Elvi Times

A Hunka-Hunka Burnin' Updates

Volume 1, 2010

As of January 13, there are **100** days till the 11<sup>th</sup> Running of the Elvi in the Kentucky Derby Festival minimarathon. Get your training groove on with the schedule below.

## News gained from the race director:



Registration-The first 15 in our group will be able to register for \$35. In order to register at that rate you will need to do the following: 1. Sign up with me to be either a King, Priscilla, or Mini-mafia; 2. Sign-up to be a fundraiser for AHA (info on page 2). You are *not* required to raise a certain, or any, amount. You can sign-up for AHA but raise money for another charity (i.e. NF Endurance Team); 3. Let me know once you have signed-up for both and I will pass along the registration code to use online



Elvi cheering sections-If are a former runner, or have friends who want to join in the stupidity, but don't want to run here is an opportunity. Plans are under way for there to be an Elvis and Priscilla cheer zone downtown. Exact location is in the works, but pass along this info and let me know if you are interested.



Dinner might be at the Festivals Pasta dinner the night before the race. Special seating for Team Elvi.

## So who is in for 2010

Name	Number of Elvi Runs	Name	Number of Elvi Runs
Mike Coffey	5		
Tom Riney	6		
John Wheeler	3		
Tim McCauley	3		
Christopher Lowe	10		
Deborah Howatt	3		
Terence Proctor			

## Happiness is Contagious

A study founded by the National Heart Foundation was recently concluded by the New York Times: "If you want to improve the world with your good behavior, math is on your side. For most of us, within three degrees we are connected to more than 1,000 people-all of who, we can theoretically help make healthier, fitter, and happier just by our contagious example."

**So go out and find your 1,000 people to influence with the fun and stupidity that is the Running Elvi**

Runnin with Heart

The web site below will lead to a place family, friends, and associates can contribute. On of the page Become a fundraiser→ the top right look for the link to Join a Fundraising Team (Running Elvi Fundraiser) <http://www.active.com/donate/AHA/runningelvi>

*Email Tips and Guidelines*

Here are some tips and guidelines for writing an effective email:

- **Make it Personal**
- **Use Humor** to gain donor interest
- **Keep It Short**
- **Ask** and make expectations clear
- **Educate Donors** on your cause
- **Provide Suggested Donation Amounts**
- **Set a Deadline** for donations
- **Include the Web Address** for your fundraising page

How much do you REALLY know about The King?

Elvis' income dropped from \$400,000 a month to \$78 a month after he was drafted into the U.S. Army on Dec. 19, 1957.

The King's entourage were known collectively as the Memphis Mafia. All sported diamond and gold rings, given to them by Elvis, on which a thunderbolt and the letters TCB had been imprinted. TCB stood for "Taking Care of Business".

The Beatles visited Elvis at his home in California on Aug. 27, 1965, joining him in an informal jam session that, tragically, wasn't recorded

**General Plans for 2010**

Friday April 23, 2010

Annual Running Elvi Spaghetti Dinner

Saturday April 24, 2010

Meet at Elvis HQ and prepare to have a 13.1 mile party

week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
1/10	Off	2	2	2	off	2	3	11
1/17	Off	3	2	3	Off	4	2	14
1/24	Off	3	3	3	Off	4	3	16
1/31	off	4	3	4	Off	5	3	19
2/7	Off	3	4	4	Off	6	3	20
2/14	Off	4	4	4	Off	6	3	21
2/21	Off	4	5	4	Off	7	3	23
2/28	Off	4	5	4	Off	7	3	23
3/7	Off	5	5	4	off	8	3	25
3/14	Off	5	5	4	Off	8	3	25
3/21	Off	5	5	5	Off	10	3	28
3/28	Off	5	5	5	Off	10	4	29
4/4	Off	5	5	5	Off	8	4	27
4/11	Off	4	5	4	Off	8	3	24
4/18	off	3	4	3	off	Race		10

**2010 Mini Marathon Training Plan**

We all owe a Thank you, thank you very much to Tom Riney who has been the driving force behind the Elvi for the last few years. Tom will still be involved, but has handed the main responsibilities over to Mike Coffey (aka Red Elvis)

The Website (runningelvi.com) is being updated. I will also plan to create a newsletter every few weeks with updates, and more frequent as the race approaches.

#### New course for 2010:

The start and finish line have moved for the 2010 KDF mini marathon. The Start line is now within a few blocks of Elvis Headquarters. This means we might need to get there earlier to avoid roads being shut down. More details to come later. The Finish will now be next to Slugger Field by Waterfront Park. Check the link below for a map.

<http://www.derbyfestivalmarathon.com/AssetFactory.aspx?did=22391>

#### Facts about Priscilla

##### When was Priscilla Born?

**May 24, 1945.** Priscilla was born on May 24, 1945. She was the adopted daughter of Paul Beaulieu, and the biological daughter of Ann Beaulieu. Priscilla's natural father, Lieutenant James Wagner, died in a plane crash coming home on leave when she was a few months old.

##### Who Introduced Priscilla to Elvis?

**Currie Grant.** One day when she was at the Eagles Club, Priscilla was approached by Currie Grant who asked her if she wanted to meet Elvis Presley. Currie talked to her parents and a few days later Currie and his wife, Carole, brought her to meet Elvis.



Always open to suggestions, input and questions. Contact me at [redelvis@insightbb.com](mailto:redelvis@insightbb.com)

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