



The Running Elvi Times

A Hunka-Hunka Burnin' Updates

Volume 2, 2010

As of March 4th, there are **50** days till the 11th Running of the Elvi
in the Kentucky Derby Festival minimarathon.

Recent News

- Big thanks to Hellvis (John Wheeler) for designing our logo. I can forward on to you if you want to use as an iron-on for a running shirt, or better yet-jumpsuit.
- Dinner plans for the night before the mini can take 2 forms, your input is needed:
 - Eat at the Spaghetti dinner at the packet pick-up, might be able to get a few tables just for the Elvi. Might make it easier to get packets and eat all at one stop for out-of-towners. Plus a little more celebrity time.
 - Eat at a restaurant as we have in the past, knowing the wait can be long.
 - Eat with the NF Endurance team at Mastersons
- The Website (runningelvi.com) is updated. Check it out so that you can keep up to date. On the site we there is a poll for music choices during the race. Fill it out, so DJ Tom can get to work.
- We now have a web link on the Swag Sport Shoes site. Check out a great local store (<http://www.swagssportshoes.com/>). We might be running in their one mile run this summer with a race strictly for the Elvi!! Look for updates.
- I have the access codes for reduced entry fee for the first 15 that join us and sign-up to be fundraiser. More details on page 2.
- We have a rejoined with NF Endurance team to fundraise and raise awareness. They were the banner on our music system last year. More info on Page 2
- Those looking for a new outfit check out the link. Red Elvis just ordered one. Elvis costumes made from running material. <http://www.elvisrun.com/default.html>

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

Fundraising and staying connected

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

**As of 3/4/10 we have
raised \$280.**

Keep it up Kings!

What is NF? NF is short for Neurofibromatosis. NF encompasses a set of genetic disorders (there are 3 types) that cause tumors to grow along the nerves throughout the body and can affect non- nervous tissues such as bone and skin. In short, NF can cause tumors to grown anywhere ON or IN the body including the brain, cranial nerves, and spinal cord. Along with tumor growth, NF can cause deformation of bones, blindness, deafness, and learning disabilities. NF affects many systems of the body and affects each individual differently. ½ of all NF cases are not inherited but are caused by a spontaneous mutation of cells. There is no cure or effective treatment for NF.

NF Endurance provides inspiration, hope and now measurable results for the more than two million people who suffer with NF and their loved ones. Our mission: to enable treatments and a cure, to raise awareness about NF, and to support the NF family. We most definitely ruNF for a reason.

Over the past 10 years, more than 5,000 of us have run, ridden, walked, or climbed our way to becoming one of the leading endurance charity teams in the country. And, we've raised more than \$6 million to keep the researchers, scientists and clinicians working hard to make a better life possible for all those who struggle with NF.

Link to pass along and contribute to www.active.com/donate/nfkyderby2010/MBlake16. Can be used as a fundraiser for the reduced entry.

Join us on Facebook and twitter



How much do you REALLY know about The King?

Elvis' favorite meal: Pork chops with brown gravy and apple pie for dessert.

Among the many nicknames Elvis went by were: E, Big E, Big El, The Bopping Hillbilly, The Cat, The Chief, Mr. Dynamite and, of course, The King.

2010 Plans and entries

So who is in for 2010	# of Elvi Runs	Name of Outfit	Running for Charity
Mike Coffey	5	Red Elvis	☆
Tom Riney	6		
John Wheeler	3	Hellvis	☆
Tim McCauley	3	Jailhouse rock	☆
Christopher Lowe	10		
Deborah Howatt	3		
Terence Proctor	??		
Ken Brown	Rookie		☆
Holly Rudolph	Rookie		
John Horton	Rookie		
Mike Lesshaftt	5 th	Star	☆

Get the word out over these last few weeks. Facebook, email, and smoke signals. Whatever your preferred method of passing along info—do it!

The more the merrier, and I still have discounted passes for those who are interested.



General Plans for 2010

Friday April 23, 2010

- Annual Running Elvi Spaghetti Dinner- as mentioned on page 1 Dinner plans for the night before the mini can take 2 forms, **your input is needed:**
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Saturday April 24, 2010—Race starts at 7:30—Arrive by 6:30 to Elvis HQ (5601 South 3rd Street, Louisville, KY 40214-2615)

The new start line is good and bad for the Elvi. (the good) It is closer to Elvis HQ, but (the bad) that it is really close. I am going to try to block off the parking lot the night before, and be there early the next morning. I do not know how traffic will be, but will try to provide some tips in the next newsletter.

More details to come in the next newsletter



LET'S GET DOWN TO SOME RUNNING BABY

2010 Mini Marathon Training Plan

week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
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

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>



Elvi cheering sections-If you 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 locations is in the works, but pass along this info and let me know if you are interested.

Always open to suggestions, input and questions. Contact me at redelvis@insightbb.com