



The Running Elvi Times

A Hunka-Hunka Burnin' Updates

Volume 4, 2010

Keep up with us at <http://runningelvi.com>

As of March 27th, there are **28** days till the 11th Running of the Elvi
in the Kentucky Derby Festival minimarathon.

Recent News

- **Plans for the 2010 running of the Elvi are on pages 5 and 6**
- Elvis Cheer Zone is official. The Elvi will be manning the cheer zone at the intersection of brook and Main. This is where the mini and full marathons split. Recruit any and all non-running or injured Elvi you can find to help out. Be at the location by 8:00am. Contact me (redelvis@insightbb.com) for more info.
- Dinner plans for the night before the mini can take 3 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. Get packets and eat all at one stop for out-of-towners. Let me know if this is your options of choice.
 - Eat at a Buci De Beppo @ 6:30. Contact Shannan by 4/20 @ shangabe@gmail.com if interested.
 - Eat with the NF Endurance team at Mastersons from 6-8. Contact Melissa @ mblake13@insightbb.com
- On the website <http://runningelvi.com/music/> there is a poll for music choices during the race. Fill it out, so DJ Tom can get to work.
- 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>
- Big thanks to Hellvis (John Wheeler) for designing our logo. I can forward once I receive so you want to use as an iron-on for a running shirt, or better yet-jumpsuit.

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 3/23/10 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 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	Elvi Injury-Rumored to be too many Twinkies—See ya next year Tim		
Christopher Lowe	10		
Deborah Howatt	3		
Terence Proctor	??		
Ken Brown	Rookie		☆
Holly Rudolph	Rookie		
John Horton	Rookie		
Mike Lesshafft	5 th	Star	☆
Annette Manlief	Rookie		



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.



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



LET'S GET DOWN TO SOME RUNNING BABY

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/Assets/Kentucky+Derby+Festival+Marathon+Digital+Assets/images/Race+Route+\(2010\).pdf?method=1](http://www.derbyfestivalmarathon.com/Assets/Kentucky+Derby+Festival+Marathon+Digital+Assets/images/Race+Route+(2010).pdf?method=1)

Check out the Poll on link to vote for the tunes for this year. <http://runningelvi.com/music/>



Get to work DJ Tom



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 Main and Brook. This is where the mini and full marathons will split.

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

2010 Race Weekend Plans

Thursday, April 22nd

Breakfast-Eat waffles with peanut butter and bananas

11 am to 7 pm -packet pick-up from at the Kentucky International Convention Center.

NOTE: ALL Participants will be required to show valid photo ID and confirmation to pickup their runner packet. No packets will be given to participant family members and/or friends. All runners are REQUIRED to pickup THEIR OWN race packet for 2010. Packets will not be mailed under any circumstances.

Lunch-Peanut butter and banana sandwich

Late night snack-Home-style Banana pudding—Just like mama use to make

Friday, April 23rd

Breakfast-Southern-style gravy over hot split and buttered buttermilk biscuits. Start getting your Elvis groove on.

11 am to 9 pm -packet pick-up from at the Kentucky International Convention Center.

*Repeat of above:*NOTE: ALL Participants will be required to show valid photo ID and confirmation to pickup their runner packet. No packets will be given to participant family members and/or friends. All runners are REQUIRED to pickup THEIR OWN race packet for 2010. Packets will not be mailed under any circumstances.

Dinner -

A few have already commented to me that they plan to attend one of the below dinners. So the Elvi might be spread out among a group of locations. Do what fits your needs the best.

- o Eat at the Spaghetti dinner at the packet pick-up, might be able to get a few tables just for the Elvi. Get packets and eat all at one stop for out-of-towners. Let me know if this is your options of choice.
- o Eat at a Buci De Beppo @ 6:30. Contact Shannan by 4/20 @ shangabe@gmail.com if interested.
- o Eat with the NF Endurance team at Mastersons from 6-8. Contact Melissa @ mblake13@insightbb.com

Saturday, April 24th

Arrive at Elvis HQ no later than 6:15. Allow extra time for traffic. Check out the below link for a possible route to avoid road closures. They usually announce closures just a few days before the race, so keep an eye out for any last minute updates.

Elvis HQ 5601 S 3rd St
Louisville, KY 40214

http://maps.google.com/maps?q=5601+South+3rd+Street&rls=com.microsoft:en-us:IE-SearchBox&oe=UTF-8&sourceid=ie7&rlz=117RNTN_en&um=1&ie=UTF-8&hq=&hnear=5601+S+3rd+St,+Louisville,+KY+40214&gl=us&ei=HU2ZS_eVEoyXtgfflf2wCQ&sa=X&oi=geocode_result&ct=image&resnum=1&ved=0CAgQ8gEwAA

7:30 Begin the best 13.1 miles of your running year.

About 9:30 finish race-grab a beer and enjoy the post race party on the water front.

