



Marathon Mission

2010 Detroit

www.marathonmission.net

SAVE THE DATE: October 17, 2010
Sunday Morning



MARATHON MISSION: UNPLUGGED MOVIE

When: May 1, 2010

Where: **EMAGINE** Theater
39535 Ford Rd.
Canton, MI 48187
(1/2 Mile East of I-275)

Time: 10:00am to Noon
(Doors open at 9:30am)

Join the Marathon Mission Team at the silver screen and keep the flame burning! See the best highlights of Marathon Mission 2009 from:

Detroit Free Press/Flagstar
Marathon

Peak Performance Maine
Marathon

Bank of America Chicago
Marathon

This Spring, you, your family, and your friends are invited to FIND OUT why "Run/Walk for a Cause." Learn what you can do to make a difference in someone's life.

AND...

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10 Steps to Your Marathon Mission 2010 Detroit Experience

1. **Reserve the weekend** of October 15-17, 2010, on your calendar.

2. Why? You'll want to visit the **Health and Fitness Expo** at Cobo Hall on Friday night or Saturday morning, October 15-16. Pick up your race packets there and stop by the Marathon Mission ("MM") booth for high fives! Saturday afternoon, October 16, join us for our **Pre-Race Pasta Supper** at Connection Church (3855 Sheldon Rd., Canton, MI) from 4pm sharp to 6pm. Great food and helpful race morning tips will be given.



Pick up red MM shirts for the race there (or at Sunrise Celebration, if you must). Sunday morning, October 17 - **RACE DAY!** MM **Sunrise Celebration** from 6am to 6:30am near race start. Group photos taken at 6:25am. Exact location to be announced closer to race date at www.marathonmission.net. Make sure you frequently check www.detroitmarathon.com for race instructions.

3. **Register online NOW before rates go up!** All race registrations must be done online at:

www.detroitmarathon.com.

URGENT: Make sure you indicate Marathon Mission when you register online! This is the **ONLY** way that we will have an accurate list of who is on our MM Detroit Team. Note: If you choose to take advantage of the option to create an online

fundraising page with Active.com when you register with the Detroit Free Press Marathon, that option is only for those who intend to raise funds directly for MM itself, NOT the numerous other non-profits that are associated with the MM Team.

4. **Pick your distance and event.** Walkers and runners of all ages and abilities are welcome. Choose from the 5K, 1/2 marathon walk, 1/2 marathon run, relay team or full marathon.

5. **Train now and train often.** MM offers you the best, with two free online trainers who are ready and willing to answer your questions.

6. **Decide on your pre-approved MM cause** from our inspiring list. Running or walking for a worthy purpose will fuel your fire! We have dozens to choose from at:

www.marathonmission.net.

Or, you may walk/jog for MM itself, the premier faith and community based non-profit in running! To register a new non-profit cause with MM, see the Charity Team Leader's instructions at:

www.marathonmission.net.

7. **Every MM Team Participant is a GIVER** - it is strongly suggested that you walk or jog to raise funds for, or make a personal donation to one of our MM non-profit causes, or to MM itself. When you are using your strength to make an eternal impact, that will make all the difference in the world (and in the race) for you. Feel free to use our pledge sheet and support letter in our Detroit Participants Packet. MM does the talking so that you

can do the walking.

8. **Visit our MM website and MM Facebook page** often for updates, blogs, pictures, videos, flyers, training tips, e-newsletters, Participant and Team Leader packets and more.

9. Download from our website and **mail in your Pasta/T-shirt form** to MM. Forms must be postmarked by September 1st. You'll be glad to wear your matching red MM Team shirt as the outside layer on race day.

10. **Join us for that Weekend to Remember! 1) Expo, 2) Pasta Supper, 3) Sunrise Celebration (with group photos), 4) RACE!** Look for our red MM banners before and after the race. Friends and family will celebrate your finish-line feat with you at our MM meeting area. Complete our quick MM Questionnaire after the race and turn in those pledges to your MM charity by November 1, 2010. Then, pamper yourself for a goal well achieved. Questions? Email MM Founder, Lisa Harper, anytime at:

lisa@marathonmission.net.



Marathon Mission is a premier faith and community based umbrella charity that began in 2003.



Marathon Mission is for walkers and joggers of all ages and abilities to raise support for the myriad of outstanding missionaries and charitable workers, both stateside and abroad.



"You've all been to the stadium and seen the athletes race. Everyone runs; one wins. Run to win. All good athletes train hard. They do it for a gold medal that tarnishes and fades. You're after one that's gold eternally."

~ The Message

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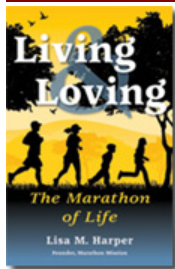
MM on Facebook!

Check out Marathon Mission on Facebook! You can read Lisa Harper's blog, as well as the blogs of the MM Trainers. In addition, you can view videos related to MM, as well as receive notification about upcoming events! You will also meet others who are passionate about running and raising money for charity. Hope to see you there!



Join the Marathon Mission Team in one of the most dynamic international races in North America: The Detroit Free Press Marathon!

Living and Loving: The Marathon of Life by Lisa M. Harper



author Lisa M. Harper will light up your world as she comes alongside and shares mile after inspiring mile of her marathon of life experiences.

Interspersing dozens of encouraging and thought-provoking quotes and quips throughout the pages, Harper's wit and wisdom will leave you softly laughing or quietly reflecting, but always deeply inspired.

An all out celebration of life, *Living and Loving* will help you take on your marathon of life — and fully live and love every electrifying

step of it!

About the Author: Lisa M. Harper is a motivator, encourager, and worker whose zest for living is nothing short of contagious. Motivating others to achieve their "unattainable" dreams, while empathizing with their struggles, Harper offers her friends a unique blend of reflection, compassion and inspiration. Although Harper has rarely met a challenge she couldn't overcome, her life experiences include setbacks, heartaches, and losses women and men can identify with.

Harper earned her Masters of Arts degree from Eastern Michigan University and resides in the Detroit, Michigan area. As an active pastor's wife, soccer mom, educator, speaker, musician, runner, Marathon Mission founder and author, Lisa is *Living and Loving – The Marathon of Life*. Visit www.themarathonoflife.com today to order your copy!



"Every day you may make progress. Every step may be fruitful. Yet there will stretch out before you an ever-lengthening, ever ascending, ever-improving path. This adds to the joy and glory of the climb."

~Winston Churchill

Marathon Mission
P.O. Box 87265
Canton, MI 48187

MM Trainers

If you have questions in regard to training for the marathon, email MM Trainers, Dan and Carolyn, at:

dan@marathonmission.net

or

carolyn@marathonmission.net

Both of our trainers have run the full Detroit Marathon with MM, as well as all sorts of other events and distances. We are in your corner!

Helpful Links

www.carrieloove.org

www.lynnjarrett.com

www.runphotos.com

Unplugged Con't

If you were at the last marathon, you and your friends will see your dazzling smile on the SILVER SCREEN!

This year's UPLUGGED Event will be at the Imagine Theater, located on Ford Rd., in Canton. Seating is FREE; a freewill offering will be taken. The theater's concession stand will be open for sales. Marathon Mission takes NO PORTION of funds raised for the multitude of charities. However, we do occasionally ask for donations to help us continue helping others. You can help by bringing a donation to the theater or by giving online. Thank you and we'll...

"See you at the movies!"