



Cure for ALS

January 20, 2011

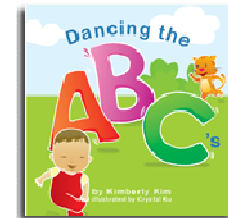
Dear ALS Advocates and Friends,



January is more than half gone already. The year has begun quite snowy and stormy, but I trust you are all off to a great start to 2011. I hope to do a better job of getting the newsletter out to you at the beginning of each month, rather than the middle - so you may be hearing from me again in just a couple of weeks!

New book authored by ALS patient, Kim Kim available from Lion Tale Publishing!

I'm excited to introduce you to an amazing nonprofit organization in Oregon. If you are not familiar with T.E.A.M. Cure ALS, I invite you to visit their website after you've read the article. Their acronym of Together Everyone Accomplishes More, really sums up how many of us feel about how we can push ALS Advocacy into the public eye. Those of you near the New Jersey coast may want to do the **Valentine Plunge for ALS** in February. Information is below about this chilly, but fun event. On the right side of the newsletter, don't miss the announcement of a recently published book by ALS patient, Kim Kim. The link will take you to information on how to order your copy, and get to know Kim and her family.



[Click here to order.](#)

It's the beginning of a New Year, and I know some of you are planning events, or signing up to participate in events to benefit ALS in some capacity. Please share your dates, locations, and needs with me. Let's make this the year to really make some noise and dramatically increase ALS awareness. Join an advocacy team in your state or region; be active in educating others about the disease, the needs of patients, and the importance of funding for the hard-working scientists in the research labs.

**5th Annual
ALS Run for Life 5K**



May 7, 2011

Sincerely,
Karen Duffy (kd)

[Click here](#) for more information

[Cure for ALS](#)

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T.E.A.M. Cure ALS

Michael Lopez was an incredible high school athlete. He lettered numerous times in football and baseball. He enjoyed a full ride scholarship to Oregon State University to play football, and excelled there as well (1982-'85). The successes didn't end with college - Michael played for the St. Louis Cardinals before coaching college football for the next ten years. In 1996, Michael was diagnosed with ALS. He had to retire from coaching in 1997, due to the effects of the disease.



In 1998, Michael Lopez founded the **T.E.A.M. Cure ALS Foundation**. The mission of this nonprofit organization is "to help ALS PATIENTS and their families by offering hope through raising funds for RESEARCH, PATIENT SERVICES

**Lighthouse to Lighthouse
Ultramarathon for ALS**

ATTENTION ENDURANCE ATHLETES - Plans are in motion for an event in the Outer Banks (OBX) of North Carolina for an ultramarathon event in late spring or early summer (**May/June**) of **2011** benefiting the ALS Association. A group of 20 is already committed, and would love to have you join them.

Individual and team entry fees are forthcoming, along with fundraising ideas and guidelines. If you haven't been to this part of the Carolina coast, this is a perfect opportunity to experience its beauty, while raising money for a cause near and dear to all of us.

AND RAISING EDUCATIONAL AWARENESS." TEAM Cure ALS is an impressive organization, run by Michael and his devoted family.

This past November, I had the pleasure of speaking with **Kristen Lopez-York**, Michael's sister, who is the point person for the T.E.A.M. Cure ALS fundraisers. November's fundraiser was a live wreath sale. I found out about the sale via Facebook and ordered one as a holiday gift. (Next year I'll be prepared earlier and order more!) They are currently selling jewelry - specially designed ALS-themed jewelry that you will want to purchase for gifts or yourself. Shares Kristin, "This was a long time dream of mine to design these pieces and it all finally came together. I hope that this will only help us all continue to RAISE AWARENESS for this ugly disease."

Please join me in supporting this terrific organization by [placing an order or making a donation](#)



Valentine Plunge Event for ALS

February 5, 2011
Manasquan NJ

The Valentine Plunge is an exciting fundraising event where participants, called Plungers, collect donations for ALS patients in exchange for plunging into the icy Atlantic Ocean in February.

From the event's website, "Our Brrrave Plungers are Freezin' for Three Great Reasons! First, to raise funds to be used to help increase the quality of life of local individuals suffering with ALS (Lou Gherig's Disease) by providing wheelchairs, ramps, transportation, communication equipment and more. Second, to support and provide the funding to the Joan Dancy and PALS Non-Profit organization that provides immediate assistance, services and programs that improve the quality of life for ALS patients and their families within the local community. Third, to provide funding and to support the mission of the [staytough, fightHARD organization](#), a public charity with goals of education, fund-raising, research support and assistance to patients and families struggling with ALS."

To register or get more information [click here](#).



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Cure for ALS | 42 Lakecrest Circle | Suwanee | GA | 30024

Email [Karen Duffy](#) if you are interested and want more information.



ALS Cup for a Cure



June 19, 2011
Guelph Lake Sports Fields
Guelph Ontario
TIME: 8:00am - 4:00pm

[Click here](#) for more information

