



“Make it Happen”



2014

Summary Volume

Dsfit2run@gmail.com Phone number 708 -351-7511

Finalizing 2014 Business

By Deana

The purpose of the newsletter is to provide you with specialized information from DsFit2Run that will allow you a healthy life style.

Starting in 2015 the DSFIT2RUN site will be upgraded and you will receive emails with links directing you to the website to read different articles and discussion topics.

There will also be a weekly blog and I would appreciate your participation to allow for an increase in 2015 and an increase in membership. If you have articles, topics or ideas please send them to dsfit2run@gmail.com and they will be included in a future newsletter. This Newsletter will be an avenue for our thoughts, aspirations, achievements, struggles, healthy recipes, exercise tips as well 5K, 10K and half marathon information.

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Brewers Mini-Marathon + 10K

By Deana

10K participants

Julaine Blair	Jackie Johnson
Mellonee Mayfield	Deana Patterson
Paulette Stark	

The Mission for DSFIT2RUN is healthy lifestyle with an interest in fundraising to give back to the members and future members.

Fundraising and Volunteering provides benefits. Members that want to train will not worry about water, Gatorade or hotel stays.

The group volunteered at two Half Marathons:

13.1 Chicago Half at South Shore Cultural Center June 7, 2014

Raised \$150

Participants:

Joan Clayton

Juliane & Blair

Jackie Johnson

Teresa Johnson

Deana Patterson

Stephanie Phillips

Brittanie Russell

Karen Seals

Paulette Stark

Five others signed up under DSFIT2RUN



**Chicago Half Marathon – Packet Pick up September 6, 2014
Raised \$150**

**Julaine Blair
Jeanette Booker
Sherry Bryant
Jackie Johnson
Teresa Johnson
Vanessa Johnson
Shandra Lett (not pictured)
Mellonee Mayfield
Morga Moaton
Sheila Bishop-Moaton
Deana Patterson
Emile Sauer (not pictured)
Karen Seals
Paulette Starks**



Our 1ST HOT CHOCOLATE 15K / 5K

This race allowed DSFIT2RUN group to have the largest registration to date with the following Participants:

- Donna Bishop*
- Julaine Blair*
- Jeanette Booker*
- Britnee Johnson*
- Jackie Johnson*
- Teresa Johnson*
- Mellonee Mayfield*
- Tashra McCreary*
- Pam Mills*
- Karen Seals*
- Paulette Stark*
- Deb Terrell*
- Lia Terrell*



DSFIT2RUN

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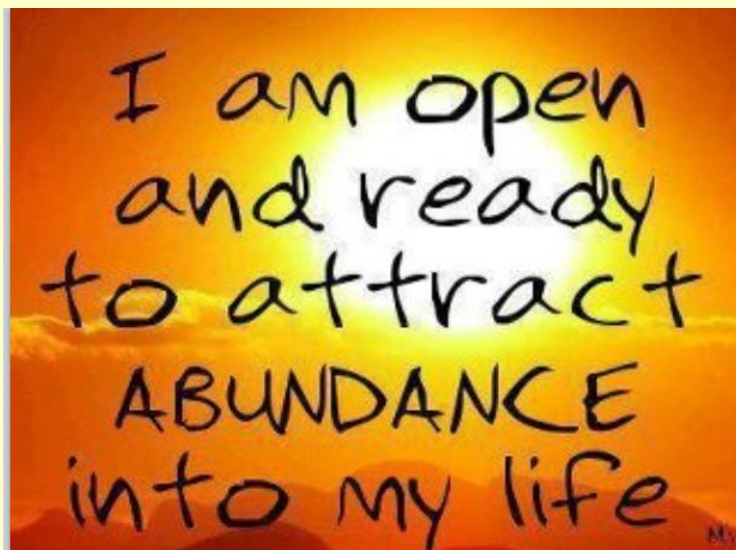
Make it Happen!!

We're on the Web!

Visit us at:
www.dsfit2run.org



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