

Tough Mudder registration



Christina Vela Davidson



Wow, this year has recently started but it is already moving along. Trying new things isn't that bad; sometimes, you may have fun and meet new people. But when Branch 38 invited me to join them in their annual MDA Tough Mudder fundraiser last October, I was initially skeptical.

1. Run/walk a 5K...
2. Get all muddy...
3. Get wet and cold... me!?

I know I was in the Army, but that was 21 years ago. Just joking; I still love getting out into nature every once in a while.

But after I went to Englishtown, NJ, and ran/walked my first Tough Mudder 5K, I felt awesome. Not only did I have a great time, I couldn't believe it when I conquered all the obstacles. I told Branch 38 member Roy Jancio that I would find one around the DC/Virginia area to host Team NALC Rolando and raise money for MDA.

Next month, on May 31, Team NALC Rolando will be conquering the Tough Mudder 5K for MDA at Camp Snyder in Haymarket, VA. I want our NALC team to be large. I want our team to take over the obstacle course. I want our yellow shirts to be seen for miles. The entry fee is just \$69.63. This is the only money that will not go to MDA; the rest of the money raised will go to the charity.



How do you join the team? Well, to be on Team NALC Rolando, you must officially register through me. You can print out the entry form and mail it in. Once I call Tough Mudder and register you, I will shred the form with your sensitive credit card information. For copies of all these forms, please call me at 202-662-2489 or email mda@nalc.org.

With your entry fee, you will receive the following:

- NALC/MDA yellow shirt
- Tough Mudder Finisher T-shirt
- Tough Mudder headband
- Finisher beer
- One extra beer/drink for everyone on the team
- Lunch voucher for everyone on the team
- Bag drop voucher for everyone on the team (secure space for phone, wallet, keys, etc.)



With this event, our goal is to raise \$20,000. I am asking all who participate to raise at least \$200. Again, all money raised will be credited to your branch.



To help you keep up with your donations, I have created a Tough Mudder 5K MDA sponsor form. This form can help you keep track of all those who have donated money to the cause on your behalf. All monies are to be sent to: National Association of Letter Carriers, Attn: MDA - Christina Vela Davidson, 100 Indiana Ave., NW Washington, DC 20001.

That said, I also have created a donation form for everyone to use (at right). These monies are due to me by June 5; this should give you enough time to collect all donated money, but feel free to send in your donations earlier.

Thanks again for all you do; without you, sisters and brothers, raising money for MDA would not be possible.

Support Team NALC/MDA Run 2020 and President Rolando in his 5K Tough Mudder MDA Fundraiser:
May 31, 2020 - Camp Snyder, 6100 Antioch Rd Haymarket, VA, 20169
Make checks or money orders out to MDA.
Mail this completed form and your donation to address below:

Name: _____

Branch # _____ Amount \$ _____

National Association of Letter Carriers
Attn: MDA - Christina Vela Davidson
100 Indiana Ave., NW
Washington, DC 20001

For copies of all these forms, please contact Christina Vela Davidson at 202-662-2489 or mda@nalc.org, or go to nalc.org/community-service/deliver-for-the-cure-md to print out the forms.

In Memoriam

NALC offers deepest sympathies to the families and friends of departed brothers and sisters

James D. Rabren	Br. 1630	Dothan, AL	Naomi Ferris	Br. 201	Wichita, KS	Thieu Truong	Br. 36	New York, NY
Bruce E. Romano	Br. 530	Birmingham, AL	Lila D. Morris	Br. 201	Wichita, KS	Richard Niemiec	Br. 375	Utica, NY
Carlos Guerra	Br. 576	Phoenix, AZ	Kevin J. Cozart	Br. 14	Louisville, KY	Anthony J. Scalise Jr.	Br. 375	Utica, NY
Anthony R. Carano	Br. 704	Tucson, AZ	Joyce M. Milligan	Br. 14	Louisville, KY	Anthony T. Lagrutta	Br. 2189	Valley Stream, NY
Joseph A. Lowndes	Br. 1642	Yuma, AZ	Daniel A. Rudolph	Br. 14	Louisville, KY	Theodore R. Decent	Br. 302	Watertown, NY
Efren L. Catedrilla	Br. 1111	Greater E. Bay, CA	Carl E. Slinker	Br. 14	Louisville, KY	Robert W. Carter	Br. 248	Asheville, NC
Jo A. Wasay	Br. 1100	Garden Grove, CA	Neil W. Travis	Br. 14	Louisville, KY	Franklin R. Ganoe	Br. 148	Akron, OH
James R. Crow	Br. 24	Los Angeles, CA	Jack L. Winburn	Br. 14	Louisville, KY	Manuel M. Nieto	Br. 238	Canton, OH
Leverne C. Stallworth	Br. 133	Sacramento, CA	Gilbert J. Radovich	Br. 6119	Metairie, LA	Thomas M. Daiuto	Br. 40	Cleveland, OH
Kevin C. Wilson	Br. 70	San Diego, CA	Leon F. Bradford	Br. 124	New Orleans, LA	Charles E. Jones	Br. 40	Cleveland, OH
Charles F. Bernauer	Br. 214	San Francisco, CA	Clifford H. Dorr	Br. 176	Baltimore, MD	Glenn E. Walters	Br. 40	Cleveland, OH
Maryann O. Perreira	Br. 214	San Francisco, CA	Lawrence J. Flannery	Br. 176	Baltimore, MD	Kenneth A. Wroblewski	Br. 40	Cleveland, OH
Jerry R. Bonnell	Br. 1427	Santa Clara, CA	Donald F. Shaw	Br. 176	Baltimore, MD	Dennis W. Ranke	Br. 78	Columbus, OH
Skip C. Russie	Br. 1427	Santa Clara, CA	Michael J. Mangiacotti	Br. 34	Boston, MA	Harold Hilderbran	Br. 182	Dayton, OH
William A. Scharfenberg	Br. 1427	Santa Clara, CA	Louis F. Rousseau	Br. 18	Southeast MA Mgd.	Loren E. Buzzard	Br. 118	Mansfield, OH
Alfonse Lucero	Br. 5996	Centennial, CO	Orville A. White	Br. 286	Pittsfield, MA	Edward J. Sagan	Br. 100	Toledo, OH
William Ridolfi	Br. 32	Bridgeport, CT	Robert D. Young	Br. 12	Worcester, MA	Jason A. Wentz	Br. 284	Erie, PA
Darrien C. Graham	Br. 759	Greenwich, CT	George Y. Kashian	Br. 1	Detroit, MI	Charles H. Brown	Br. 157	Philadelphia, PA
John W. Schaffer	Br. 86	Hartford, CT	Brent C. Kyker	Br. 1	Detroit, MI	William J. Cobbs	Br. 157	Philadelphia, PA
Arthur M. Hubbard Jr.	Br. 19	New Haven, CT	Arnold Mitchell Jr.	Br. 1	Detroit, MI	Michael J. Minanno	Br. 157	Philadelphia, PA
Maurice P. Lapre	Br. 19	New Haven, CT	Nick C. Plasha	Br. 1	Detroit, MI	William E. Nagle	Br. 157	Philadelphia, PA
Guy R. Milone	Br. 19	New Haven, CT	William M. Miley	Br. 256	Mid-Michigan	Edward P. Waters	Br. 157	Philadelphia, PA
Gary J. Kennedy	Br. 1091	Central Florida	Paul O. Thiem	Br. 56	Grand Rapids, MI	Stanley J. Wojciechowski	Br. 157	Philadelphia, PA
Charles L. Zane	Br. 1690	W. Palm Beach, FL	Donald R. Thrackwray	Br. 95	Marquette, MI	John E. Anderson	Br. 84	Pittsburgh, PA
Ralph L. Patterson	Br. 522	Bloomington, IL	Peter C. Webster	Br. 3126	Royal Oak, MI	Aubrey L. Kitchens	Br. 181	Austin, TX
David F. Glover I	Br. 11	Chicago, IL	Dustin W. Newton	Br. 114	Duluth, MN	Payton J. Greer	Br. 132	Dallas, TX
Valeria Gratten	Br. 11	Chicago, IL	Frank D. Lisitano	Br. 343	St. Louis, MO	William O. Blaylock Jr.	Br. 226	Fort Worth, TX
Robert G. Stanley	Br. 11	Chicago, IL	John C. Machian	Br. 5	Omaha, NE	Lawrence A. Bowser	Br. 226	Fort Worth, TX
John I. Ware	Br. 11	Chicago, IL	Gerard A. Migneault	Br. 230	Nashua, NH	Joseph G. Howell	Br. 226	Fort Worth, TX
Salvatore P. Ventura	Br. 305	Joliet, IL XX	Kevin P. Moran	Br. 38	New Jersey Mgd.	Ray E. Stone	Br. 226	Fort Worth, TX
Kelcey S. Acuff	Br. 828	S. Central Indiana	Julius Schwartz	Br. 41	Brooklyn, NY	James H. Calliway	Br. 2130	McAllen, TX
Myra S. Stewart	Br. 553	Jeffersonville, IN	Max H. Brenzel Jr.	Br. 3	Buffalo/Western NY	Manuel Deleon Jr.	Br. 2130	McAllen, TX
Vern L. Thompson	Br. 820	Mishawaka, IN	Donald L. Carlson	Br. 3	Buffalo/Western NY	Noe Perez	Br. 2130	McAllen, TX
Joseph M. Cox	Br. 271	Richmond, IN	Jerry A. Isaman	Br. 3	Buffalo/Western NY	Darryl S. Morton	Br. 807	Bristol, VA
Jimmy B. Williamson	Br. 719	Cedar Falls, IA	Jon E. Tallman	Br. 21	Elmira, NY	John H. Hinshaw	Br. 79	Seattle, WA
Charles C. Brewer	Br. 201	Wichita, KS	Jack Y. Chak	Br. 36	New York, NY	Thomas W. Anderson	Br. 2	Milwaukee, WI