

Team Momentum: Going the distance for MDA



Assistant to the President
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Are you a runner who would love to help “Deliver the Cure” by participating in a marathon? If so, Team Momentum may be for you. Team Momentum is the Muscular Dystrophy Association’s only endurance program, created to empower individuals of all athletic abilities to train for a full or half marathon and dedicate their miles to help accelerate research, care, support and services for MDA families. Karrie Sorensen of Fort Dodge, IA Branch 645, says, “This is a great opportunity to raise awareness and funds for MDA while achieving personal and branch goals.

This life-changing program provides a world-class customized training program and a committed community of MDA coaches, team members and families [who] inspire you.”

We invite you and your branch to join us and help advance MDA’s efforts to free individuals and the families who love them from the harm of muscular dystrophy, ALS and related life-threatening diseases that severely weaken muscle strength and mobility. Contact NALC Headquarters after registering to participate in MDA Team Momentum to ensure individual income generated is credited to your branch.

With MDA Team Momentum, you’ll defy your personal limits and receive VIP benefits:

- The opportunity to meet MDA’s courageous families to inspire you
- Free entry and access into sold-out, world-renowned races
- Access to MDA’s personal certified coaches and a world-class customized half or full marathon training program
- A committed community of support from teammates, volunteers and mentors
- Training, race gear and race weekend VIP amenities
- Easy-to-use tools, including a welcome packet, a fundraising page, a Facebook app and social media tips

Visit mdateam.org to join MDA Team Momentum for an upcoming race and make it the most meaningful race yet.

Team Momentum participants get entrance into some of the most difficult marathons to enroll in. Imagine running in New York through such iconic places as Times Square and over the Manhattan Bridge. They are closed to traffic for the runners and those there to support them, which makes the experience extraordinary. Karrie thought that participating gave her and the members in her branch a way to do more for MDA by helping her reach her goals. She also thinks that the awareness will open the door for her branch to take part in other events and use the tools of social media to raise both funds and awareness that much still needs to be done



Karrie Sorensen of Fort Dodge, IA Branch 645

to bring about a cure.

Karrie Sorensen’s decision to join Team Momentum to raise money for the MDA was a win-win decision for me. She thought it was the perfect opportunity to do her part for our union in a fundraiser for the MDA and also to set a goal for herself to get back on the treadmill.

She wasn’t sure what to expect, but the MDA team sent her everything needed for registration and training. She didn’t train for hours outside, but did it all on a treadmill. This was only her second half-marathon. Karrie had moments of self-doubt, a fear of not being able to finish. She eventually put all of that aside and reminded herself that, no matter the outcome, it was for charity, and that was awesome. When you cross that finish line, it’s then that you realize what an amazing thing you have done for yourself and others.

Don’t be afraid of this opportunity, and have some fun with it. You can experience running through some fascinating cities such as New York, Chicago and Washington, D.C.

Karrie strongly encourages you and your branch members to get involved. Support your branch members and their fundraising efforts. “I’m truly blessed to have such an amazing group of co-workers, branch members, community support and family to support my fundraising and encourage me along the way,” she said.

Motown Mingle event during convention

Detroit, MI Branch 1 is holding a Motown Mingle to benefit MDA at Nemo’s with food, drinks, music, entertainment and a souvenir on Tuesday, July 17, from 5:30 to 10 p.m. There is transportation to and from the convention center; Nemo’s is also within walking distance of many hotels. Contact Branch 1 for tickets and further details at 313-962-8296.



Fort Dodge, IA Branch 645 members (from l to r) Jamie Lawson, Susan Fisher and Teri Jo Pohlman, whom Karrie Sorensen calls “my absolute best support.”