

Hi Mellow Milers!!

Last night was our TENTH RUN!!! There were two people to reach the ten run status: Chuck Mallory and Jeremy B. The T-shirts will not be ready for a while, but when they are these two get the first ones!!

Do not forget to dress up for Halloween run this coming Tuesday.

The Senior Bowl Charity Run needs some volunteers. You will get a free shirt!!! The shirts are really nice this year, long sleeve and great for running in colder weather. These races would not be possible without all of the help from such wonderful people who volunteer. More info below. Send your e-mail to Maureen at msv@johnstoneadams.com.

The [Port City Pacers](#) are looking for volunteers to assist with the [21st Annual Senior Bowl Charity Run](#). This race takes place on Saturday November 1st in downtown Mobile. Each volunteer will receive an event shirt and a pass to the post race party held in Bienville Square. This year's shirt is a long sleeve black T-shirt with a design by an elementary student. All proceeds from the event benefit local charities whose services, activities, or programs benefit youth and youth-related activities along the Gulf Coast. Since its inception over \$4 million has been raised. Thank you for your consideration of volunteering for this event.

Race Day Volunteer Positions:

Finish Line – Arrive at Bienville Square by 7am

Race Course Timing – Arrive at Bienville Square by 6:30am

Water Stations – Arrive at Bienville Square by 6:45am

Start of Fun run – Arrive at Government & Conception Streets by 9:30am

Assembly of Finish Line Area – Arrive at Bienville Square by 6am

Dismantling of Finish Line Area – Arrive at Bienville Square by 10:30am

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If you elect to be excluded from the Mobile Mellow Milers group e-mail messages, please respond to this message stating so.