



▶ Trained 20 weeks ▶ Ran 26.2 miles ▶ Raised \$5,000

And she did it all for me and the 43 million other men, women and children with arthritis.

Dana is a member of Joints in Motion®, the Arthritis Foundation's marathon training program. In exchange for her fund-raising efforts, she received a comprehensive 20-week marathon training program, airfare to the marathon destination of her choice, hotel accommodations, race entry fee, team parties and much more. More importantly, Dana helped us get one step closer to winning our fight against arthritis, the nation's number one cause of disability.

Do you know someone who would go the distance for you? Or would you like to become more involved with the Joints in Motion® Training Team? Teams of walkers and runners are forming now for exciting marathon destinations such as Dublin, Amsterdam, Honolulu and Bermuda. Please call us at **1.877.232.2898** or visit us on the Web at www.jointsinmotion.org for more information.

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