



Pink Soles in Motion

MARCH 2024

NEWSLETTER

UPCOMING FUNDRAISERS

ANNUAL GOLF TOURNEY - APRIL 26

Patti Rieder emailed a flyer for the annual golf tournament on February 6th, and is looking for players, raffle prizes, and volunteers to help make this a successful event. It's at Bear Creek Golf Club, a state of the art, course that will surely impress the players. Check your inbox for details.

LATER ON IN THE YEAR:

TAMALES ARE BACK! 4/1 TO 4/19
MAY 11TH - POP UP VENDOR SALE
SWA AIRLINE RAFFLE IN MAY



NEED TO BUMP UP YOUR FUNDS?

Debby Miller Rich is always looking for volunteers to do Dippin' Dots. Search for her in the PSIM 2024 Facebook Group and ask about upcoming events. She collects the money for all the volunteers for that month and then will put your earnings directly on your 3 Day account.

2024 WALKS

Boston August 23 - 25 (22 walkers)
Denver September 27 - 29 (7 walkers)
Dallas (DFW) November 1 - 3 (71 walkers)
San Diego November 15 - 17 (34 walkers)

For the first time all the walks have a one, two or three day option. See the3day.org for more information and to register.



INDIVIDUAL FUNDRAISING IDEAS

50/50 Raffle
Garage Sale
Neighborhood Car Wash
Candy/Cookie Sale
Silent Auction
Restaurant Night
Handmade Craft Sales
Corporate Matching
Bingo Night

YOU DO NOT HAVE TO BE A REGISTERED WALKER TO JOIN PSIM
YOUR FRIENDS AND FAMILY CAN JOIN OUR TEAM! CREW AND MEDICAL TENT
OPPORTUNITIES ARE AVAILABLE. VISIT THE3DAY.ORG FOR MORE DETAILS.



DO YOU KNOW OUR TRAINING WALK LEADERS IN DFW?

JENNIFER STEINMETZ IS LEADING BOSTON AND DENVER TRAINING
KIM GARY IS LEADING DFW AND SAN DIEGO TRAINING

FIRST TIME WALKER HELPFUL TIPS

The right socks are just as important as shoes. It is worth investing in the proper socks to help avoid blisters

HYDRATE, HYDRATE, HYDRATE!

Water intake and food consumption should be taken seriously. Walking 60 miles in 3 days in an athletic endurance event and should be treated as such

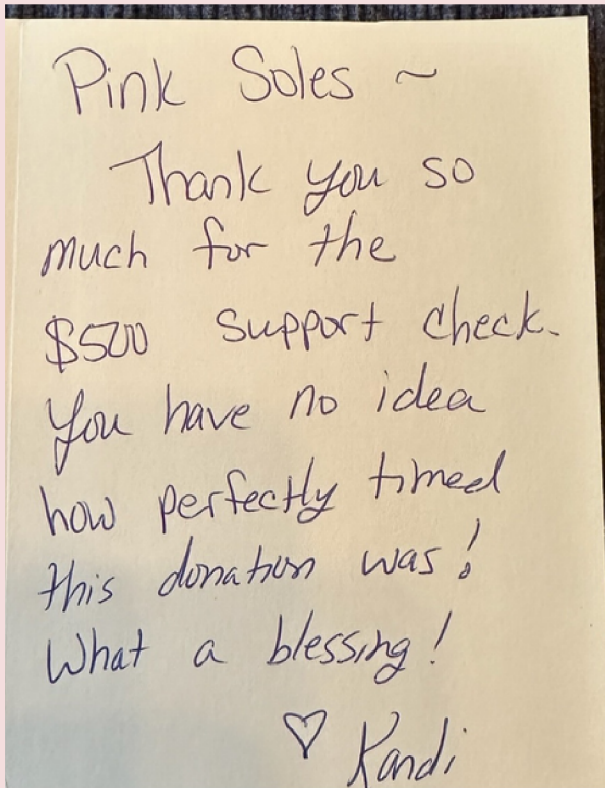
The official training walk season kicks off in May, but did you know that the 3 day coaches recommend that you should already be able to walk 6 miles without stopping before you even begin training? Trust me, they are doing you a favor.

COMMUNITY OUTREACH

Know of a cancer center or hospital that could use blankets for chemo patients? PSIM's Community Outreach Committee proudly assembles fleece blankets for children and adults and takes them to different locations around the DFW Metroplex. Please contact Sandy Saucedo at sandy.saucedo@yahoo.com for details on how to help assemble and distribute these gorgeous blankets. Sandy can also give you details on how to donate fleece for the projects.



FEEL GOOD MOMENT



To the left, is a note Pink Soles In Motion received from a grant recipient that was nominated in the Michele's Gift Of Hope program.

It is touching to receive thanks, and is a reminder of one of the many lives we've touched.



Did you know Michele's Gift Of Hope distributes grant money to cancer victims? Since 2015, MGOH has provided support in response to medical, financial and emotional burdens that accompany a cancer diagnosis. Members of PSIM nominate potential recipients to the MGOH Committee.

Please contact Faye Curtis for an application, if you know someone who could use a helping hand. The completed application is reviewed and approved by the Committee and then by the PSIM board members. Faye can be reached at fayecurtis2005@gmail.com.

From 2015 through December 2023, Michele's Gift Of Hope has helped 53 recipients through awards totaling \$33,450.00.

Patti Rieder will be sending out an email soon regarding a shoe drive for 2025. Please start collecting shoes NOW because we will get paid by weight, so we will need as many shoes as we can possibly collect.



CHECK YOUR EMAIL!
SATURDAY
MARCH 23
TEAM MEETING
ON ZOOM

TRAINING WALK ALERT

Brooke Kincade just upped the ante on walking!

She is entering everyone who walks with her into a drawing to win \$100! There is a walk posted on the 3 Day site for Grapevine, 3/9 @ 8am

There's nothing like the 3 day bubble

Once you're in it, you know

How many 3 days have YOU walked?

Let us know what you wanna see in future newsletters.

If you have walking tips for training, eating, shoes, clothes, water consumption or fundraising ideas, tell us and we'll shout it from the rooftops.

Please email Michele Stanley @ seriousfoodie42@gmail.com

MEET THE PSIM BOARD

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