



PRESS RELEASE

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CONTACT:

Scott Dahl
sdahl@medals4mettle.org
148 Hawthorne Place
Williamsville, IL 62693
Phone 217.306.4032

Medals4Mettle Names Adam Carter First Medal Recipient

*On **September 14, 2009** Adam Carter will be presented at **St. John's Children's Hospital (11am)** with the first medal from the newly formed Medals4Mettle Central Illinois chapter. M4M Central Illinois will facilitate the gifting of marathon finisher's medals from marathoners to people who have demonstrated similar mettle, or courage*

The non-profit organization, Medals4Mettle, (M4M) announces 11 year old Adam Carter from Decatur battling cancer will be M4M Central Illinois first medal recipient. M4M's mission is to celebrate and reward the individual and collective courage of all human beings by facilitating the gifting of marathon, half marathon, and triathlon finishers' medals from runners to children and adults dealing with chronic or debilitating illnesses and have demonstrated similar mettle, or courage in bravely facing these challenges. Then the M4M nationwide network of physicians and volunteers awards these medals to those who might not be able to run a race, but are in a race of their own to continue to live their life.

"I wish Adam wasn't in a position to receive this medal but he is and he's a very courageous young guy," said Scott Dahl, 10-time marathon finisher and M4M Central Illinois coordinator. "I am giving my race medals and I hope my fellow athletes will do the same and donate to M4M." Adam's story is chronicled online at www.helpadamfightcancer.com.

Medals4Mettle is partnering with St. John's Children's Hospital and Springfield Running Center to accept and distribute M4M Central Illinois medals to their patients.

M4M donation boxes are available at the Springfield Running Center, Running Central (Peoria) and Body N' Sole (Savoy-Champaign). Medals can also be mailed to:

Medals4Mettle
Attn: Scott Dahl
148 Hawthorne Place
Williamsville, IL 62693

Major support for M4M Central Illinois is provided by Mid America Advertising. For additional information or to get involved, visit www.medals4mettle.org or contact Scott Dahl at sdahl@medals4mettle.org.

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