

# Medals 4 Mettle™

Medals4Mettle (M4M) is a non-profit organization founded in 2005. It facilitates 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. Marathon runners around the world, and other distance runners who have won medals, give their medals to Medals4Mettle. Then our nationwide network of physicians and volunteers awards these medals (with a Medals4Mettle ribbon attached) 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.

## HOW CAN I HELP?

Helping others through M4M is easy, once you have completed your marathon, half marathon, or triathlon, that is. First, take your medal off of the race ribbon. An official M4M ribbon will be attached to the medal prior to it being awarded to its new recipient. Second, if you wish, visit the M4M website and print out an optional Legacy Form. This form tells us and the recipient, who you are, which race you completed, and why you are donating your medal. Third, place your medal and legacy form in an envelope marked M4M and take it to:

### **Fitness Sports**

7230 University Ave.  
Des Moines, IA 50311  
fitnesssports.com

### **IMT Des Moines Marathon**

4801 Grand Ave.  
Des Moines, IA 50312  
desmoinesmarathon.com

If you are unable to drop off your medal, you may mail them to:

### Local Donations

#### **Jason Lawry**

M4M Des Moines  
1640 Florence Dr.  
Waukee, IA 50263

### National Donations

#### **Medals4Mettle**

1400 N. Ritter Avenue  
Suite 221  
Indianapolis, IN 46219

## WHAT TYPES OF METALS ARE ACCEPTED?

Currently, M4M is accepting marathon, half-marathon, and triathlon medals. We also accept medals earned by children who want to donate their medals to other children.

## WHO WILL RECEIVE MY MEDAL?

If your medal is donated locally, it will be given to a patient who has shown a great deal of courage and determination during their own "marathon" at one of the Des Moines area hospitals. Medals sent to Indianapolis will be distributed in that area.

## I DON'T RUN MARATHONS. HOW CAN I HELP?

Non-runners can help in many ways. Encourage and support runners who are training for full and half marathons. You may also donate money to help cover the cost of ribbon production and distribution. Donations can be sent to Jason Lawry at the address below or online at [firstgiving.com/jasonlawry](http://firstgiving.com/jasonlawry). Do you sew? All donated medals must be removed from their race ribbon and sewn onto a new M4M ribbon so help is always needed here. Lastly, get the word out to all runners you know, even those that have not run a marathon in quite some time. They may have an older medal they wish to donate.

## QUESTIONS?

Contact Jason Lawry at [jason.lawry@medals4mettle.org](mailto:jason.lawry@medals4mettle.org)



**"We're with you all the way..."**