2016 Birmingham Heart Walk

Mi Raises $109,232 for American Heart Association Research

As the temperature rose on the June Saturday of the Birmingham Heart Walk, so did the excitement of all the participants, especially those from Motion Industries. For the fourth consecutive year, Mi earned the Top Corporate Team Trophy with the top fundraising total of $109,322 for the American Heart Association. Mark Thompson (SVP Corporate Accounts, Birmingham, AL) led the winning team with $22,680, and he raised the most as an individual as well with $15,130. Sales from 224 Mi Heart Walk T-shirts contributed to the total number.

About 65 walkers of all ages (plus three dogs) from Mi’s company team walked to benefit AHA. The three-mile loop started and ended in the Uptown area in downtown Birmingham. Another Mi-related win was had by Colby Quinn (son of Jerry Quinn, Mi Coding, Birmingham, AL), who won the Heart Walk 5K (3.1 miles) race while beating his own event personal best time by about a minute. (See bottom photo page 7.)

"I think it was an awesome turnout," said Patti Chandler (Mi Corporate Accounts, Birmingham, AL), who played a large role in helping to coordinate the event. She worked closely with Mark Thompson, and not only do they work together daily, but both have family heart history through their fathers. Patti said, "My dad had quadruple bypass surgery when he was 62, about three months after he retired. Now he’s 83. Because of the American Heart
Association, we have so much material to exercise properly and eat properly. (My dad) eats well and exercises. That’s where a lot of the funding goes – to change our lifestyle and to get healthy again. My dad has been really fortunate, and we’re very grateful."

Mark said that heart disease impacts almost every family at some point. "Living here in Alabama, where we are at the second to the top of the list of states in terms of percent of population impacted by heart disease and stroke, our employees are very aware that increasing awareness through events like the Heart Walk is needed," he said. "Many employees have shared with me their very personal stories of loss and tragedy related to heart disease in their families, these are always the Motion employees that are most generous with their time and donations."

"Healthy diet, exercise and regular check-ups are important and the message that we are spreading through the Heart Walk participation."

~ Mark Thompson (SVP, Corporate Accounts), leader of the top fundraising team for the 2016 Birmingham Heart Walk

Mi's participation included a sponsorship that allowed the company to have a booth at the event. Many visitors came by to score a cold bottle of Motion Water and a pack or two of Sqwincher Lite drink powder.

Jerry coordinated the event booth. "I worked with AL37, which donated 24 cases of water. The water helped cool everyone off in the 98º weather – and all 576 bottles were given away. AL37 also donated the Sqwincher packs to accompany the water given out. The balloons, banners and decorations were provided by Mi employees and families."

The Mi sweat that came from working to get to $109,322 started long before that hot day of the event. Mi's Birmingham-area team captains (including Mark Thompson plus Chris Brewer (Mi Corporate Compliance); Kevin Stone, Laura Carlson (Mi IT); Doug Osborne (Mi Inventory Management Solutions); Scott Wren (Mi Human Resources); Kathy Martin (Mi Accounting); David Johnson (Mi Birmingham DC); Patti Chandler, Molly Vaughn, and Donald Bland (all of Mi Corporate Accounts) and their teams worked to raise money via raffles (including a very successful Father's Day raffle), an ice cream social, and other efforts. The Father's Day raffle, coordinated by Chris Brewer, alone sold more than 1,000 tickets online and raised about $3,000.

Another team led by April Stidham from JH Berry, a local real estate company, joined Motion in fundraising efforts and in the walk.

Mark, who said he was honored to lead Mi's 2016 team, said, "I was a bit humbled by the spirit of genuine caring and dedication from so many of our employees. Raising over $110K could be a challenging task, but our Motion team stepped up to every challenge, sacrificed much personal time, and mobilized our resources so efficiently and effectively achieving these tremendous results was not the challenge I expected. Our Motion service culture that so well supports our customers every day, just simply flows over to everything our employees do, at work and outside of work. I think it is just part of our Motion DNA to serve others and give back to the communities where we do business."

(continued)
"Everybody had fun, and did what they needed to do to prevent heart disease and get needed research for AHA," added Jerry. "It's a good way for Mi employees to get together, build unity and support a common cause outside the company. It's a way for us to be good stewards of the community as heart disease affects everyone either directly or indirectly."

**2017**

Mi has already signed up for a 2017 Heart Walk sponsorship, and it's hoped that it will be even bigger than ever to achieve another major impact on supporting AHA research.

Mark said, "It's amazing how the event has grown with over 7,000 walkers in Birmingham this year. ...The American Heart Association clearly recognized Motion as their leading contributor and an extremely important part of their Birmingham fund raising efforts. We are quite fortunate in that over $600K is raised through the Heart Walk each year in Birmingham, but over $10.5 million in American Heart Association funding is returned to Birmingham heart research hospitals each year to help improve and save lives.

"Work is important, but we have a responsibility to our community beyond work and I think that is also part of a healthy and fulfilling life. Many of our Motion employees really gravitate to supporting the Heart Walk each year, but also strongly support many other charity and community initiatives."

*See you at the next Birmingham Heart Walk: June 24, 2017. Check out [www.heartwalk.org](http://www.heartwalk.org) to find out when Heart Walk will be near you!*
Patti Chandler's Sheltie, Sadie
Jerry Quinn’s son, Colby, won the 5K race with a personal best time.
Congratulation to all at Mi involved for a job well done!