



DAVID GOGGINS



4x4x48

On March 4th for the second year, we are going to do the David Goggins 4x4x48 Charity Fundraiser Challenge. The event rules are run, hike, or walk 4 miles every 4 hours for 48 hours. If you cannot run or walk this much, then do any type of physical workout/activity for 45 mins to an hour every 4 hours for 48 hours straight. Dinky and I have chosen to hike again this year.

We are going to be back at Bays Mountain Park and are very excited that they are working with us to make this event possible. We will start on March 4th at 12:00 pm. So, our hikes will be every 12:00, 4:00, and 8:00 for 48 hours for a total of 12 hikes. The gates at the entrance to the park will be closed at 8:00 pm and not opened on Saturday until 8:00 am and Sunday till 11:00 am.

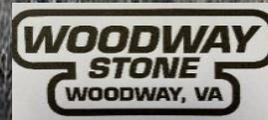
We would really like to get as many people involved with this event as possible. If you cannot do the overnight, then come by Friday or Saturday and do what you can. There will be room for small campers and vehicles for those wanting to do the overnight. This event will happen rain, shine, or snow.

This year is going to be a very special fundraiser. We are choosing to help the family of Michael Chandler. He was the Big Stone Gap Police officer that lost his life in the line of duty last November. Participants of the event will be asked to raise or donate at least \$50. All participants will receive an event T-Shirt. Other monetary donations can be made to the Chandler family through Sam or Dinky Snyder. 100% of the donations will go to Michael's family, Tasha Chandler, brother Chris and daughter Kam. Make checks payable to Natasha Smith Chandler. Call or Text Sam or Michelle for more information.

Sam Snyder 423-794-9545 Michelle Snyder 423-794-9546



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