

Greg Marzolf Jr.  
Foundation

GMJF

Funding a tomorrow free of  
Muscular Dystrophy

## End of summer updates from the Greg Marzolf Jr. Foundation

### Come to the Table Cookbook Project Heating Up

Our *Come to the Table* cookbook is currently in production and is being led by a team of amazing volunteers from the Greg Marzolf Jr. Foundation (GMJF). The book will feature stories and recipes from families in the Muscular Dystrophy community, including interviews with featured families, beautiful photography, and healthy tips and tricks.

We've finished all photography for the cookbook, as well as the layout and design. We're now focused on securing sponsors, finalizing the cookbook and our launch plan, and printing. We expect to have the book available for sale this winter. Stay tuned for updates and contact us at [foundation@gregmarzolfjr.org](mailto:foundation@gregmarzolfjr.org) if you're interested in becoming a sponsor.

*Why a cookbook?* Thirty years ago, when GMJF was in its infancy, a team of volunteers created *Cause to Cook*, a cookbook featuring recipes from friends and family of Greg Marzolf Jr. The cookbook continues to bring together members of the GMJF community.

In honor of the original cookbook's 30<sup>th</sup> anniversary, the GMJF applied for a STRIVE Grant from PTC Therapeutics to create a second cookbook. GMJF was thrilled to be awarded the grant in 2017 and has been hard at work on *Come to the Table* ever since!

### Save the Date for 2020 Cause to Cook Gala

Our annual Cause to Cook for a Cure fundraising gala will be held on Saturday, **January 11, 2020** at the Anderson Student Center of the University of St. Thomas. The theme is "Vision for the Future: 2020." Additional details on the theme and registration information coming soon!

In the meantime, please contact us at [foundation@gregmarzolfjr.org](mailto:foundation@gregmarzolfjr.org) for details on sponsorship.







## Update on Rock the Pavement

After an incredible five-year run, we will not be holding the Rock the Pavement 10K/5K race event this year in order to focus on our important and exciting cookbook project. Thanks to generous support from people like you, the Greg Marzolf Jr. Foundation was able to raise \$168,000 for MD research over the last five years through Rock the Pavement. We have not yet made a decision on whether the race will be returning in a future year, but we'll keep our supporters updated as decisions are made.

## NEW LOGO

After more than 15 years, we've updated the official logo of the Greg Marzolf Jr. Foundation to the image you see to the right. Our intention in updating the logo was to create a modern and fresh look while incorporating elements from our original logo that were important to keep, such as the star, the script, and the color palette. Another goal for the new logo was to more specifically call out our new tagline: Funding a tomorrow free of Muscular Dystrophy. The new logo has been added to our website and social channels. We hope you like our new look!



## All Made Possible with the Support of Amazing Sponsors



## DONATION FORM

**Mail donations to:**  
Greg Marzolf, Jr. Foundation P.O. Box 16190 St.Paul, MN 55116

Name \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Phone (     )                      -                      \_\_\_\_\_

Donate online @ [www.gregmarzolfjr.org/donate](http://www.gregmarzolfjr.org/donate)

check for \$ \_\_\_\_\_ . \_\_\_\_\_

At the 2019 Cause to Cook for a Cure Gala, GMJF announced its gift of **\$85,000** to the University of Minnesota Paul & Sheila Wellstone Muscular Dystrophy Center. This is the largest gift the GMJF has yet given to the local center. The GMJF awarded 4 different grants, ranging from \$30,000 to \$15,000 to support innovative discoveries in the field of MD. Additionally, the GMJF continues to support the Greg Marzolf Jr. Training Program, supporting undergraduates pursuing a future career in the field of MD.