

## Greetings,

Spring is here and so is the news from Runners, Inc. We hope you enjoy some stories from the folks behind the scenes who help provide our quality services. Thanks for remembering us for your courier, storage, and trucking needs.

Diane and Thor Smith  
Runners, Inc.

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## Express Carriers Marketplace 2009



Diane and Thor Smith recently attended this annual ECA networking forum in Chicago and came away with newfound business information and incredible contacts. According to Thor, the 14 networking sessions he attended are best described as comparable to "speed-dating on steroids" where carriers, shippers and vendors meet to talk about potential business opportunities.

Since this was their first Chicago visit, they also made time to take advantage of a few of the incredible sights and sounds in The Windy City. In spite of the 32-degree weather, they took the best tour in Chicago, the Architectural River Tour. This one-hour cruise of the historic Chicago River, showcases over 40 landmarks of modern American architecture and Chicago landmarks. They froze to death, but loved it.

After the last dinner of the event, they wandered over to the John Hancock Building for cocktails with a few ECA friends and took in the fabulous city view from the 96th floor, giving yet another perspective of their tour.

An added bonus for Diane was an unexpected opportunity to attend a taping of the Oprah Show. (Wonder if Oprah needs a reliable courier service?) Diane also couldn't pass up a piece of driftwood, okay it was a 50 lb log, and she made Thor carry it all the way back to the hotel which according to Thor, was at least a mile! It is her prized souvenir, that she says is a decorator's dream piece!



## 99th Birthday Celebration



Seyoum Gebrehiwot, one of Runners' long-time independent contractors, recently traveled 16 hours to Ethiopia with his brother and sister to celebrate their mother's 99th birthday, on March 17th. They had 15 days of long overdue family togetherness and festivities. Unfortunately, after everyone left, his mother became ill and was admitted to the hospital. She fully recovered and is now looking forward to her 100th birthday. We all wish her continued health in preparation for next year's event!

## Announcing the Arrival of New "Babies"...



Roy Fritts, Lead Dispatcher at Runners, Inc. has a few additions to his extended "family." Three babies were born within the past two weeks -- two fillies and one colt! Roy and his wife Paula have been breeding thoroughbred horses for the past 16 years, and this year is the first time for so many news births within a few weeks of each other.

Roy says that they generally try to keep the mares in the barn when they're close to giving birth because it's easier to give them medical attention in the event of a problem for the mare or baby. Like all new mothers, mares tend to be skittish with their newborns, and it can be difficult to help them when they're out in the pasture. There was some concern with all three of the mares since they were overdue but thankfully, the foals arrived in good health.

*Katrina Reign* gave birth without any glitches. The day after she went into labor they discovered, that a beautiful foal was born. Paula cleaned up for her, but when foaling occurs in the wild, the mother will take care of this herself to ward off predators.

Paula happened to check in on *Place Warning* at 10:00 PM just when she was delivering a gorgeous colt.

*Corridor Lil* gave them the most concern because she was 30 days over-due and not progressing. They were worried if the foal was positioned correctly, and had fears that it could be born dead, but *Corridor Lil* delivered a beautiful red filly.



The foals never leave their Mother's side for a week or more, and the mothers aggressively protect their foals and instill in them who they belong to. In about two weeks curiosity begins to take over, and the babies start to explore and meet each other but carefully avoid the other new mothers. According to Paula, "At this point, we don't interfere much, but it's important to get them used to people handling them and to accept food from us as soon as possible. This is Roy's job.....along with some other duties that include a shovel!

It's amazing to us that Roy shows up to work a full schedule after putting in a few hours of barn labor. He is a true Marlboro Man!

## LEAVING, TX Releases New CD "Late Gettin' Started"



When not performing his duties as President of Runners, Inc. you can often find Thor Smith performing... As drummer in the Original Americana band "LEAVING, TX". The band just released their third CD of music on "Late Gettin' Started". The CD includes 14 new, original songs.

The early reviews of the CD are quite impressive. If you'd like to hear some of the music from the band you can find it on their websites... [Official Webpage](#) or [Myspace Website](#).

You can even get your own copy of the CD [HERE](#).

If you'd like to hear the band live they have three upcoming area shows...

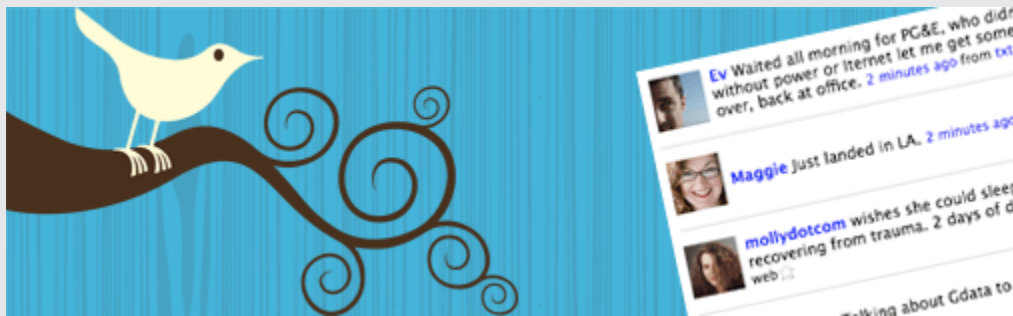
Saturday May 23rd - 3pm - Rockville Hometown Holidays in the Rockville Town Center

Friday May 29th - 7:30pm - Herdon Festival - Downtown Herndon, VA

Saturday May 30th - 7pm - White Marsh Music Series - The Avenue at White Marsh



*RUNNERS is now on "TWITTER"*



You can now follow what [RUNNERSINC](#) on "TWITTER". See what we are doing... or not doing. Send us a "Tweet" and let us know what you think!

**Just a few Things Runners, Inc. Cannot Deliver!**

- Chemicals, corrosives or infectious agents that can be classified as bio-hazardous
- Ice Cream on 100 degree days
- Explosives, ammunition or weapons
- People...dead or alive
- Controlled or illegal substances
- Bad jokes

But for everything else we are just a phone call or email away!

Thanks,

Diane and Thor Smith  
Runners, Inc.