

Course: The course is mixed with flat terrain and some small hills. Runners will start at the McDowell County Courthouse and run down Main St. onto Rutherford Rd. and then turning onto Virginia Ave then onto Spring St. At Spring St. runners will get onto the Pea Vine Trail and run the trail to State St. Runners will then run up State St. until they get to S. McDowell Ave. They will run to Azalea St. and Robert St. turning onto Fleming Ave. Runners will then follow Fleming Ave. to Main St. where they will finish at the Courthouse.

Link to Course:

<http://www.usatf.org/routes/view.asp?rID=423354>

Location: McDowell County Courthouse:
21 S. Main St. Marion, NC 28752

Information: Contact Megan Webster or Jennifer Beaty at 828-652-8538

Family Services of McDowell County, Inc. is McDowell County's ONLY Domestic Violence and Sexual Assault Agency. All proceeds from the No Excuse for Abuse 5K will go to help Family Services of McDowell County, Inc.

Office: 828-652-8538
24 hour Crisis: 828-652-6150
Fax: 828-659-1456

I Got Flowers Today

I got flowers today.
It wasn't my birthday or any other special day.
We had our first argument last night.
And he said a lot of cruel things that really hurt me.
I know he is sorry and didn't mean the things he said.
Because he sent me flowers today.

I got flowers today.
It wasn't our anniversary or any other special day.
Last night, he threw me into a wall and started to choke me.
It seemed like a nightmare.
I couldn't believe that it was real.
I woke up this morning sore and bruised all over.
I know he must be sorry.
Because he sent me flowers today.

I got flowers today.
And it wasn't Mother's Day or any special day.
Last night he beat me up again.
And it was much worse than all the other times.
If I leave him what will I do?
How will I take care of my kids?
What about money?
I'm afraid of him and scared to leave.
But I know he must be sorry.
Because he sent me flowers today.

I got flowers today.
Today was a special day.
It was the day of my funeral.
Last night, he finally killed me.
He beat me to death.
If only I had gathered
Enough courage and strength to leave him.
I would not have gotten flowers today

by Paulette Kelly

Family Services of McDowell County, Inc.



No Excuse for Abuse 5K Run/Walk

Saturday, June 18, 2011
9:00am

Race Begins and Finishes at:

**McDowell County Courthouse
21 S. Main St.
Marion, NC 28752**



**"We run so they
don't have to!"**