



We race towards more
than a finish line,
we race towards a cure.

Bank of America Chicago Marathon Training Thursday

Edition 5

Training Tip: The Art of Recovery



While it may seem like racking up mile after mile is the key to your marathon success, making sure you allow your body to recover between workouts is a step you definitely don't want to skip.

According to the American College of Sports Medicine, **runners who only replace 75% of the sweat they lose during their runs are**

3% slower during their next workout!

Take it from the experts, rest days and proactive recovery are just as important to your training as the miles you run. Whether it's filling up on the right foods, icing to reduce inflammation or seeking professional help from a sports massage therapist, these small changes will lead to big improvements on your way to your marathon goal. [Read more about The Art of Recovery>>](#)

Donate Now >

Useful Tools:

[Chicago Marathon Homepage](#)

[Foundation Facebook Page](#)

[Chicago Marathon Runner Toolkit](#)

Fundraising Report

Days Left to Fundraise:

59

My Fundraising Goal:

Hit Your Goal with a Facebook Fundraiser



Are you harnessing your online community to reach your fundraising goal? An adult Facebook user has, on average, 338 friends according to the Pew Research Center. [Mary McKeivitt-Balash](#), one of your fellow marathoners, created a Facebook

Fundraiser and raised her goal of \$1,000 from just 17 donors!

Creating a Facebook Fundraiser is incredibly simple and a great, casual way to reach out to friends and family. We can credit the funds raised through Facebook to your marathon fundraising goal as long as they are raised by September 20.

Here are the steps to creating your Facebook Fundraiser:

1. Click Fundraisers on the left menu of your News Feed
2. Select Raise Money for a Nonprofit Organization
3. Search for and Select the Les Turner ALS Foundation
4. Fill in your fundraising details and personalize your fundraiser

[Create your Facebook Fundraiser today to kick your fundraising into high gear>>](#)

Amount Raised:

Amount Left to Raise:

Contact your Team Race for ALS Coordinator, Shelby Anderson, with any questions, comments or concerns regarding the Chicago Marathon:
sanderson@lesturnerals.org or
847 745 6024.

10 Podcasts to Download for Your Next Run



Putting your running playlist on shuffle will only take you so far. Let's face it, running to the same mix of songs, no matter the RPM's, gets boring. It's time to put some fresh content in your earbuds for your next run.

Strava put together a list of their top 10 podcasts to listen to during your next workout. These earworms are a great way to change-up your running routine and learn some tips from runners like yourself along the

way. [Pick one or all of the podcasts to listen to on your future runs>>](#)