



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



## Bank of America Chicago Marathon Training Thursday

Edition 6

### Training Tip: Training in the Heat



"Hot-weather workouts teach your body to sweat more (which keeps you cool), increase your blood-plasma volume (which benefits cardiovascular fitness), and lowers your core body temp," according to *Runner's World*.

Your summer runs might be leaving you sweaty and spent but they are actually adapting your body to perform better in all types of weather. Next time you're out during a scorcher, run for time

instead of distance since most people are 10% slower in the heat. [See more Tips for Training in Hot Weather>>](#)

[Donate Now](#)

### Useful Tools:

[Chicago Marathon Homepage](#)

[Foundation Facebook Page](#)

[Chicago Marathon Runner Toolkit](#)

### Fundraising Report

Days Left to Fundraise:

46

### FUNDraising Contest: 2x2 Challenge



Thanks to a generous gift from an anonymous donor, we're excited to announce a new challenge!

Starting **TODAY** (August 23) at 10am CST, the two runners who raise the most money in the next two weeks will **receive \$250 towards their fundraising total!**

The challenge ends Thursday,

September 6 at 4pm CST and the two winners will be notified via email then.

This is a great chance to kick-start your fundraising efforts or increase your goal:

1. Harness your Participant Center to send emails to friends and family
2. Share on [social media](#) and include a link to your fundraising page

Don't forget the key to fundraising - **you just need to ask!** [Head to your Participant Center to get started>>](#)

My Fundraising Goal:

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](mailto:sanderson@lesturnerals.org) or 847 745 6024.

## Join Chicago Endurance Sports at The Long Run



The big 20-mile run of your training is coming up, and what better way to get through it than with a group of other motivated runners? Join Chicago Endurance Sports for "The Long Run" on Saturday, September 15.

You will follow a double out-and-back course starting near Lincoln Park Zoo and heading north to Foster beach. The event includes gear check and post-run refreshments.

"The Long Run" is open to all Team Race for ALS participants, whether you're currently training with CES or not. For those currently training with CES (group or virtual), registration is free. Those who are not training with CES can take advantage of a discounted rate of \$20. Please contact Shelby at [sanderson@lesturnerals.org](mailto:sanderson@lesturnerals.org) to receive your discount code. [Learn more about "The Long Run" from Chicago Endurance Sports>>](#)