



# TEAM RACE FOR ALS

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



## Bank of America Chicago Marathon Training Thursday

Edition 7

### Training Tip: The Importance of Hydration



The difference between a 4:00 and 3:52 marathon could come down to how well you hydrate!

According to *Active*, "When runners replenished 150 percent of their sweat loss, their 10k times were **on average a minute faster**, which was a three percent improvement over running at the 75 percent

hydration state."

To take advantage of performance benefits, they recommend replenishing at a rate slightly over 100 percent. [Find out the best times to hydrate and how much is enough>>](#)



### Useful Tools:

[Chicago Marathon Homepage](#)

[Foundation Facebook Page](#)

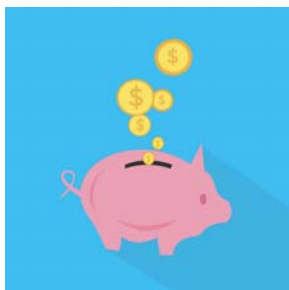
[Chicago Marathon Runner Toolkit](#)

### Fundraising Report

Days Left to Fundraise:

23

### From Daily Routines to Fundraising Dollars



There are lots of small ways you can add fundraising to your daily routine. At this point, most of us use social media on a daily - maybe hourly - basis. Incorporate fundraising into your posts and reach out to your online network.

Do you eat out for lunch? What about grabbing a coffee in the morning on the way into the office? For the next month, take those

daily expenses and put them towards your fundraising instead. 15

### My Fundraising Goal:

Amount Raised:

Amount Left to Raise:

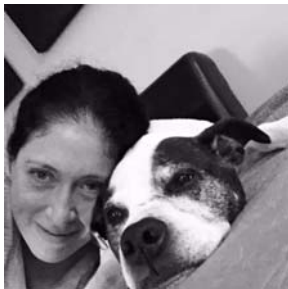
Contact your Team Race for ALS Coordinator, Shelby Anderson,

cups of coffee add up! These subtle changes to your daily routine will allow you to save that money and put it towards your fundraising goal. [Take a look at some of the other ways you can add fundraising into your daily routine>>](#)

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with any questions, comments or concerns regarding the Chicago Marathon: [sanderson@lesturnerals.org](mailto:sanderson@lesturnerals.org) or 847 745 6024.

## Meet Your Teammate, Molly Dominick



When Molly Dominick was just 20 years old, her mother was diagnosed with ALS. Now, almost 17 years to the day of her mother's passing, Molly will join you at the Chicago Marathon to support those currently on their journey with this terrible disease.

"While ALS awareness has risen and there are more organizations that support research, the Les

Turner ALS Foundation is the only one I know of that also supports the patients. Without their help, I don't know how we would have been able to take care of my mom," says Molly.

[Read more about Molly's story>>](#)