



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



Bank of America Chicago Marathon Training Thursday

Edition 8

Training Tip: Marathon Checklist



With your race right around the corner, the last thing you want to do is overlook your marathon checklist, especially those of you traveling to Chicago for the big day.

Asics created a master checklist including marathon essentials, gear and accessories for inclement weather and post-race necessities. [Do yourself a favor and print out their checklist and stick it on your fridge to avoid any forgetfulness>>](#)

Donate Now >

Useful Tools:

[Chicago Marathon Homepage](#)

[Foundation Facebook Page](#)

[Chicago Marathon Runner Toolkit](#)

Fundraising Report

Days Left to Fundraise:

17

Race Weekend Details



All the lingering questions you might have about the race can most likely be answered in the Participant Guide from the marathon. You don't want to arrive for the race and not know where your corral is located! [Take some time to peruse the guide to dot your i's and cross your t's>>](#)

As always, don't hesitate to reach out to [Shelby](#) with any questions!

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 or
847 745 6024.

Your Final Fundraising Push



Just as your marathon training has involved time and effort, so does reaching your fundraising goal. People living with ALS are counting on you.

Send out emails. Publish social media posts. Create a Facebook Fundraiser. Make it clear to your friends, family and online community that the Marathon is just 17 days away and every donation supports a person living with ALS.

Your fundraising deadline is Thursday, October 4 at 5pm CST. Now is the time to kick it up and let them know the deadline to help you achieve your goal is close! [Copy and paste this email template and send it out to get started>>](#)

Motivation: Fleet Feet Marathon Prep Seminar



The formidable *wall*. How do you conquer it?

Every year, Fleet Feet presents their *Breaking Through The Wall* seminar in an effort to prep runners on how to push past that 20-mile

metaphorical road block.

This year, the seminar will be held on Saturday, September 23 and features Olympian Deena Kastor and American Long Distance Runner Stephanie Bruce. [Register for the seminar and learn how to confidently navigate the last leg of your race>>](#)