



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

Bank of America Chicago Marathon Training Thursday

Edition 1

Welcome Runners!



Welcome to your first 2018 Chicago Marathon "Training Thursday" email! This year, 23 athletes from across the US are running with us in support of people living with ALS.

Our bi-weekly coaching emails will keep you up-to-date on the event and provide tips, tricks and motivation as we gear up for race day. To keep you on track, your fundraising report and helpful links, like the Chicago Marathon Homepage and Runner Toolkit, will always be linked on the right-side panel of these coaching emails.

We hope all 23 of you are off to a great start with your training. Remember, as you train and

fundraise, we are here to inspire each other and make sure we reach our goals! [Be a Runner with a Purpose and see how others get motivated.>>](#)

Donate Now >

Useful Tools:

[Chicago Marathon Homepage](#)

[Foundation Facebook Page](#)

[Chicago Marathon Runner Toolkit](#)

Fundraising Report

Days Left to Fundraise:

93

My Fundraising Goal:

Amount Raised:

Share Why You Run



An important first step towards reaching your fundraising goal is to update your personal fundraising page. Runners who personalize their fundraising page raise **\$678.92 more** than those who don't. Tell your donors why you are running in support of people living with ALS and inspire them to give.

Your Participant Center offers you numerous tools to customize your page and send emails to friends, family and coworkers to ask for support! Once you've personalized your page, give it a try by sending out your first donation request email. [See all the resources at your fingertips in the Participant](#)

[Center User Guide.>>](#)

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.

Fundraising Incentives



Included in your registration for the 2018 Chicago Marathon is our exclusive Les Turner ALS Foundation running singlet. As marathon runners, you know what it takes to reach a goal. For those who go above and beyond their fundraising requirement, we're offering drawstring bags, stainless steel water bottles, pullovers and a Foundation swag bag. [Keep that competitive spirit alive and score more swag! >>](#)