

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



Bank of America Chicago Marathon Training Thursday

Edition 1

Training Tip: Health & Nutrition



Keeping yourself healthy as you train is the key to crossing the finish line on race day. Some of the Bank of America Chicago Marathon sponsors, such as Gatorade Endurance and Athletico, are offering their exclusive tips and recommendations as leading industry professionals to help you across the finish line.

Not only are these sponsors here to help you prep for race day, but Gatorade Endurance will be stationed along the marathon route with their new line of products to ensure that endurance athletes like

you are fueled up on the big day. [Check out what Gatorade Endurance will have for you along the marathon route and other health and nutrition tips to finish your race strong>>](#)

[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:](#)
[Amount Left to Raise:](#)

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

Turn Coworkers Into Cosponsors



As you send out your fundraising emails, don't overlook those every day cheerleaders, your coworkers! Coworkers are not only a great source of motivation as they ask you about training, but they can also be a great source of fundraising.

Many companies offer matching gift programs to encourage employees to contribute to charitable organizations. Planning a potluck or jeans day where a \$5 donation goes towards your fundraising goal is a unique and fun way to include your colleagues in your efforts.

Also, as you thank donors who have already given, make sure you ask them if their company offers a matching gift program. This simple ask has the potential to double your fundraising. [Visit our website to see if your company offers a matching gift program>>](#)

Meet Team Race for ALS Chicago Marathon Alum, Julian Davis



When Julian Davis's father, Samuel, was diagnosed with ALS in 2015, Julian harnessed his skill as a student-athlete to join Team Race for ALS and make a difference.

"Running is a way for me to show my dad and others that they are not alone in this fight," says Julian. In 2016, Julian successfully completed the Chicago Marathon and raised over \$1,300 all in the name of supporting people living with ALS like his father.

"Ever since I found my passion in running several years ago, I have maintained the goal of using it to conquer as many great feats as possible." Julian's stellar finish at the Chicago Marathon qualified him for the Boston Marathon, which he successfully completed in April of this year. [Read more about Julian's story and his involvement with Team Race for ALS >>](#)