

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



Bank of America Chicago Marathon Training Thursday

Edition 3

Training Tip: Running Gear Guide



Let's be honest. Who hasn't thought a bright new running shirt or another set of earphones will somehow make you run faster? We've all been there.

Feeling good on race day is just as much about training as it is about having the right gear to get you in the competitive mindset. If you need a new moisture-wicking shirt to get your through your summer training or you just want to peruse the latest running gear, *Running Competitor* has got you covered.

[Check out their complete Running Gear Guide so you can](#)

[cross the finish line strong and in style>>](#)

Donate Now >

Useful Tools:

[Chicago Marathon Homepage](#)

[Foundation Facebook Page](#)

[Chicago Marathon Runner Toolkit](#)

Fundraising Report

Days Left to Fundraise:

87

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.

Use Social Media to Promote Your Fundraiser



Whether you're a verified social media influencer or someone who uses social media to keep up with friends and family, your online community is a great resource to tap into as you fundraise.

Platforms like Facebook, Twitter and Instagram are the perfect way to connect with your friends and family in a fun and casual way. If you have one of these social media accounts, you've already done the heavy lifting by cultivating your online audience. The next step is to create posts about your race and fundraising efforts. *Mighty Cause* has written an extensive blog post about the various social media platforms and the best ways to utilize them to help you achieve your fundraising goal. [Use your social media platforms to promote your fundraiser>>](#)

Your Fundraising Dollars at Work



We know it can be intimidating to ask for donations. But remember, not only are you courageously running for those who can't, you're fundraising to support the best comprehensive care for people living with ALS.

There's no greater motivation than seeing how your fundraising dollars make an impact. Every single dollar provides the best possible care and support for those living with the disease and their families. As you continue to fundraise, don't be shy about sharing how your fundraising is supporting the Chicagoland ALS

community. [See your fundraising dollars at work and spread the word>>](#)