



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

Bank of America Chicago Marathon Training Thursday

Edition 4

Training Tip: 26 Tips for 26.2 Miles



It's important to make sure your training includes best practices for a month out, a week away and day of. In this age of listicles, *Runner's World* has you covered with 26 tips for your 26.2 miles.

For instance, if you're not a Midwesterner, you might be fooled by our lack of elevation. Don't make the rookie mistake of thinking several hours of "pancake flatness" means an easier run. Be sure that your training mimics the course you'll be running on in Chicago. [Read through the rest of the tips from Runner's World>>](#)

Donate Now >

Useful Tools:

[Chicago Marathon Homepage](#)

[Foundation Facebook Page](#)

[Chicago Marathon Runner Toolkit](#)

Fundraising Report

Days Left to Fundraise:

73

10 Days and Ways to Raise \$500+



We're on a mission to create a world free of ALS. Each dollar you raise for people living with ALS supports vital research and support services and we're here to help you achieve your fundraising goal.

The key to fundraising success is simple and often overlooked - **you just need to ask!** We created this 10 Day Challenge to give you clear and concise actions you can take to

raise \$500 for people living with ALS. [Follow our 10 Day Challenge and watch your fundraising dollar soar>>](#)

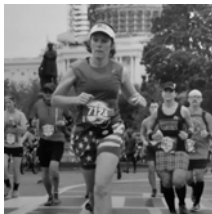
My Fundraising Goal:

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.

Meet Your Teammate, Lynn Brown



Your 2018 Chicago Marathon teammate Lynn is running her 16th marathon with you this October! Coming all the way from New Hampshire, Lynn is psyched to get another marathon under her belt as part of Team Race for ALS.

A veteran marathoner, Lynn recommends "to be patient with yourself and practice this during long runs. Don't get discouraged if a run doesn't go well, training in the heat isn't easy...The ultimate goal is to keep running enjoyable." [See what other tips Lynn has and why she's running in support of people living with ALS>>](#)