

STRIKE OUT ALS 5K AND 1 MILE RUN, WALK & ROLL

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TURNER
ALS
FOUNDATION

STRIKE
OUT 5k
ALS

Tuesday, July 17, 2018
Guaranteed Rate Field

Strike Out ALS 5k and 1 Mile Coaching Email Series

Edition 5

Event Day Details



We are officially one day away from race day! The forecast is calling for 76 degrees and sunny but be prepared for any weather. We race rain or shine!

In the link at the end of this article you'll find a handy summary of event day details with frequently asked questions, event day schedules, directions, parking info and course maps to get you ready for tomorrow. Some highlights include:

- Guaranteed Rate Field is located at 333 W 35th St. Chicago, IL 60616. Directions and public transportation information is available on the [Chicago White Sox website](#). All parking is FREE. Lot B is reserved for people living with ALS/handicap parking while Lot A is for all other participants. Volunteers will be onsite to direct you.
- **If you plan on arriving after 6:00pm, 35th Street will be closed for the race route.** Follow the yellow "Race/Parking" signs once you arrive and use this map [here](#).
- Our office is open until 3:00pm tomorrow so feel free to contact us at 847 679 3311 if you have any final questions. [Check out your course maps and our event day summary here>>](#)

Donate Now >

Useful Tools:

- [StrikeOutALS5k.Org](#)
- [Strike Out Facebook Event](#)
- [Fundraising Resources](#)
- [Participant Center User Guide](#)
- [Previous Coaching Emails](#)

Fundraising Report:

Days Left to Fundraise:
1

Fundraising Goal:

Dollars Raised:

Dollars Left to Raise:

Double Your Money to Provide Hope and Help



It's not too late to double your money in support of people living with ALS. Many companies match employee contributions and some even offer fundraising grants for participating in or volunteering at events.

Matching gifts increase funding that provides the most comprehensive care for people living with ALS and their families. It takes such little effort, all you have to do is ask! [Search our corporate database to see what your workplace offers and encourage your donors to do the same>>](#)

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Training Tip: Racing Tips and Inspiration



Runner's World asked their readers to provide their best pre-race advice and inspiration for a successful race. 5k runner Sheri Wilson recommends, "eat a plate of brown pasta the day before the race and get a good night's sleep...invite friends and family to cheer you on as you cross the finish line."

Get pumped for race day by reading up on last minute racing tips and words of wisdom. [Read through these 15 tips from runners like you>>](#)