

Subject: Chicago Marathon Training Thursday: Free Summer Program

## HTML



## Bank of America Chicago Marathon Training Thursday

Edition 2

### Free Summer Marathon Training



This year, the Les Turner ALS Foundation has teamed up with **Chicago Endurance Sports**, our Official Training Partner for the Chicago Marathon. With two training options available, group (multiple locations) and virtual training, you are able to join no matter where you are located. Other benefits include: A group 20-Mile Long Run, Race Day Resort, personalized daily training schedules and much more. As a reminder, this is all **FREE** to you for

being a part of Team Race for ALS. Training officially kicks off this weekend, so be sure to sign up today, **use code CES17-ALS** at checkout. [Sign Up for Summer Training>>](#)

Donate Now >

Fundraising Update:

Race Day is in:

Fundraising Goal:

Amount Raised:

\$3,994.00

Amount Left to Raise:

Useful Tools:

[Facebook Page](#)

[Team Race for ALS Guidebook](#)

[Fundraising Incentives](#)

[Previous Coaching Emails](#)

### Reach your Fundraising Goal



A common statement from runners is, "Fundraising is more intimidating than actually running the race...all 26.2 miles of it!" Fundraising should be fun, not stressful, so get your



friends, family and coworkers involved! To do so, we have created a **printable fundraising thermometer** you can place at your home or office to track your progress and see how your dollars benefit the lives of those living with ALS. [Fundraising Thermometer>>](#)

### Meet your Teammate, Anna



“For many years, I have contemplated running a marathon. No doubt it will be physically challenging but I've always felt like I "had it in me" to take on the challenge with enough motivation and persistence. Quite honestly, I just never had something to really push me into wanting to put that kind of stress on my body.” Read the rest of Anna's story, and her connection to ALS here. [Learn](#)

[More >>](#)

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