

Subject: Chicago Marathon Training Thursday: Free 5k Registration!

## HTML



## Bank of America Chicago Marathon Training Thursday

Edition 4

### Free registration for Strike Out ALS 5k



Join us at the Sox Park (Guaranteed Rate Field) in Chicago for our Strike Out ALS 5k and 1 Mile Run, Walk & Roll on Tuesday July 11. **Registration is free for all Chicago Marathon participants.**

This is a great opportunity to learn more about the Foundation, refine your skills and meet fellow Team Race for ALS runners. Use code "chimar" at [StrikeOutALS5k.org](http://StrikeOutALS5k.org) to register for free. [Register for](#)

[free>>](#)

Donate Now >

### Fundraising Update:

Race Day is in:

Fundraising Goal:

Amount Raised:

Amount Left to Raise:

### Fundraising Idea: "Sponsor a Mile"



If you are looking for a creative way to engage your family and friends in your fundraising, try "Sponsor a Mile." Simply notify your network about their chance to sponsor one or more of the 26 miles you will run in the Chicago Marathon. Keep track of your sponsors, donations and mile markers by creating wristbands, notecards or other

### Useful Tools:

[Facebook Page](#)

[Team Race for ALS Guidebook](#)

[Fundraising Incentives](#)

[Previous Coaching Emails](#)



memos to motivate and inspire you throughout the race. Any amount, large or small, will provide crucial funds for ALS research and patient care. [See an example>>](#)

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### Patti's Inspiration



"I believe that all people, even those without a personal connection to ALS, should run or walk in marathons for the Foundation for one simple reason: **because they can.**" Patti, friend of the Foundation who was diagnosed with ALS in 2016, will participate in Strike Out this year. She continues her passion for running despite the difficulty of the disease. [Learn more about Patti's Story>>](#)

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