

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

LES
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 4

Packet Pick-Up Details



The Strike Out ALS 5k and 1 Mile Run, Walk & Roll is just one week away and we can't wait to see you! Avoid event day check-in lines by stopping by one of our two packet pick-up locations prior to race day. Your packet will include your race bib, t-shirt and eye black. Choose from one of the following locations:

- Sunday, July 15
Fleet Feet - Old Town
1706 N Wells St., Chicago, IL 60614
1:00pm-5:00pm
- Monday, July 16
Les Turner ALS Foundation Office
5550 W Touhy Ave., Suite 302, Skokie, IL 60077
10:00am-4:00pm

If you can't make it to one of our pre-race pick-up locations, race day packet pick-up and registration will begin at 5:30pm at Guaranteed Rate Field. [Visit our Event FAQs page for additional packet pick-up details and other race day information>>](#)

Donate Now >

Register >

Useful Tools:

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

Fundraising Report:

Days Left to Fundraise:
6

Fundraising Goal:

Dollars Raised:

Dollars Left to Raise:

Event Day Schedule and Maps



With the race being just one week away, now is a great time to do a final fundraising push. Check out our Fundraising Resources page, linked on the right-side panel of this email for helpful tips, fundraising ideas, offline donation forms and more to help you.

Getting ready for race day also means making sure you don't miss out on all of the fun pre- and post-race festivities we have planned. We've created maps for you to reference so you can get familiar with the layout of the event and see your race route. [See all event activities and maps to get you ready for race day>>](#)

Training Tip: Preparing for Race Day



Whether you're participating in the 5k Run or 1 Mile Run, Walk & Roll, getting your mind and body ready for race day will help propel you across the finish line. Brushing up on the dos and don'ts, like final training tips and what to eat and wear, is a good idea for both first timers and veteran attendees.

DO make sure to bring cheerleaders in the form of your friends and family and have fun!

We can't wait to see you there. [Read up on other race tips for the big day>>](#)