

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

Tuesday, July 17, 2018
Guaranteed Rate Field

LES
TURNER
ALS
FOUNDATION

STRIKE
OUT **5k**
ALS

Strike Out ALS 5k and 1 Mile Coaching Email Series

Welcome Runners, Walkers and Rollers!



We are thrilled to have you join us at the 2018 Strike Out ALS 5k and 1 Mile Run, Walk & Roll on July 17! Over the next few weeks, be on the lookout for a Coaching Email every Tuesday. These emails will help you stay up-to-date with the event as well as get tips and recommendations for fundraising and training.

As you start preparing, we have everything you need to succeed! To keep you on track, your fundraising report and helpful links, like the Strike Out ALS website and our Facebook event, will always be linked on the right-side panel of these coaching emails. These links are perfect ways to share the event with your friends, family, coworkers and neighbors to join you at the event. More runners means more support for people living with ALS. [Share our Facebook event! >>](#)

Share Why You Run, Walk or Roll



Want to start fundraising on the right foot? Share why you run, walk or roll on your personal fundraising page! Participants who personalize their page **raise \$139.95 more** than those who don't. If you're returning from 2017, your information, which includes your page text, contacts, emails and donors, have all been saved from last year.

After you've personalized and updated your page, share it using one of the custom messages we've provided in your Participant Center or through your own social media profiles. [See all the tools at your disposal to help you achieve your fundraising goals on our Fundraising Resources page!>>](#)

Training Tip: Apps to Get You Ready for Race Day



If you haven't started training yet, don't sweat it, we've got you covered! Whether you're running/walking the 1 mile, running your first 5k or looking to beat your personal best, 5 weeks is plenty of time to get you on the right path.

Runner's World has a comprehensive list of helpful and mostly free training apps for all fitness levels and abilities. [Start training for race day! >>](#)

Edition 1

Donate Now >

Register >

*Forward this email to friends and family so they can join you!

Useful Tools:

[StrikeOutALS5k.Org](#)

[Facebook Event](#)

[Fundraising Resources](#)

[Participant Center User Guide](#)

Fundraising Report:

Days Left to Fundraise:
29

Fundraising Goal:

Dollars Raised:

Dollars Left to Raise: