

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 2

Gift Cards and Awards



Nothing like a little competition to kick your fundraising into high gear. This year, our top **three individual fundraisers** will receive a **\$100 American Express Gift Card** and Foundation merch! Plus, we will also be giving away fundraising incentives to any participant that raises over \$100.

Your support makes a world of difference for people living with ALS and their families. To acknowledge your achievements, both athletic and fundraising, we will also be awarding medals to our top three race finishers (male, female and 15 & under category) at the after-party at ChiSox Bar & Grill. [Get in on the action and check out our fundraising tips and incentives>>](#)

Donate Now >

Register >

Useful Tools:

[StrikeOutALS5k.Org](#)

[Strike Out Facebook Event](#)

[Fundraising Resources](#)

[Participant Center User Guide](#)

[Previous Coaching Emails](#)

Gain Corporate Support



A great place to get started on your fundraising is at your workplace. Many companies match employee contributions and some even offer fundraising grants for employees participating in or volunteering at charitable events.

Our Strike Out ALS 5k and 1 Mile Run, Walk & Roll would not be possible without the generous contributions of our sponsors, First Bank of Highland Park, The Score, ChiSox Bar & Grill, Univision Chicago, Fleet Feet Sports Chicago, Bai, Kind and Kevita, who have already pledged their support through cash and in-kind donations. [Search our corporate database and learn how you can gain support from employer >>](#)

Fundraising Report:

Days Left to Fundraise:
28

Fundraising Goal:

Dollars Raised:

Dollars Left to Raise:

Training Tip: 5 Reasons to Workout with Coworkers



If your coworkers have your back at the office, why not form a team or invite them to join you at the event this July? Working out with your coworkers is a great way to strengthen your relationships, boost morale at the office, increase your productivity and achieve a common goal together while making a difference. That's good for everyone's bottom line! [Check out 5 Reasons to Workout with Coworkers >>](#)