

Subject: Chicago Marathon Training Thursday: FUNdraising Contest

HTML



Bank of America Chicago Marathon Training Thursday

Edition 7

Training Tip: Mental Toughness



You know that marathon running takes physical and mental discipline. Elements such as gaining control over your breathing, maintaining a positive mindset and setting the right goals are all essential to successfully completing your 26 miles. Learn more tips about how to build mental toughness during the race. [Read](#)

[the article>>](#)

Donate Now

Fundraising Update:

Race Day is in:

Fundraising Goal:

Amount Raised:

Amount Left to Raise:

FUNdraising Contest



Starting Monday, August 14 through Thursday, September 14, the runner who raises the most money will receive a \$100 American Express gift card! Whether you've raised \$0 or \$1,000 so far, you have a chance to win if you boost your fundraising during the time limit. [Read our tips to win the contest>>](#)

Useful Tools:

[Facebook Page](#)

[Team Race for ALS Guidebook](#)

[Fundraising Incentives](#)

[Previous Coaching Emails](#)



Meet your Teammate, Kate



“Full time veterinarian, business owner, mother and wife. I must be crazy wanting to train for a marathon on top of all that, but our dear friend Ray Spooner passed away last year after a battle with ALS and I wanted to do more than just run some 26.2 mile race.” [Learn more about Kate's story>>](#)

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