

Subject: Chicago Marathon Training Thursday: Adjusting to the Weather

HTML



Bank of America Chicago Marathon Training Thursday

Edition 8

Training Tip: Adjusting to the Weather



As an athlete, it is important to understand your body's individual physiological response to the environment. As you are training for the marathon, keep in mind that running in hot and/or humid weather requires energy to cool your body temperature. For your own safety, it's essential to be informed about the impacts the environment has on your body.

[Read the article>>](#)

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Fundraising Update:

Race Day is in:

Fundraising Goal:

Amount Raised:

Amount Left to Raise:

Useful Tools:

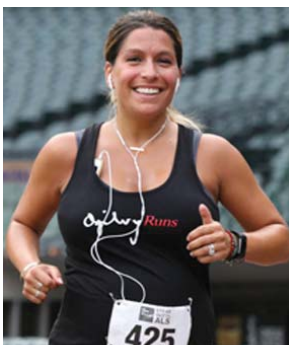
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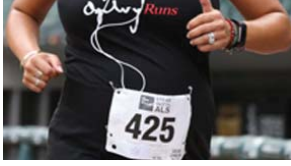
[Previous Coaching Emails](#)

Corporate Support



The workplace is a wonderful place to gain support and raise additional funds. To help get you started, we've compiled common ways event participants utilize their workplace. You can also talk to your HR department to learn more.

[Learn more>>](#)



Celebrating Thanksgiving Everyday



In 2016, Scott completed his annual "World's Largest Turkey Trot," in honor of his dear friend, Alfredo, who passed away from ALS in 2015. This 100-mile run stretched from Milwaukee to Chicago, and finished on Thanksgiving Day. Our

Executive Director, Andrea Pauls Backman, reflected: "The Les Turner ALS Foundation and the entire ALS community are inspired by Scott's physical and emotional strength. It reminds us to be grateful for our health, friends, family and find a meaningful way to give back in thanks." [Learn more about Scott's story>>](#)

To change your email preferences, [click here.](#)

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