

Team Race for ALS Requirements & Benefits Chicago Marathon

For nearly forty years, the Les Turner ALS Foundation has been Chicagoland's leader in research, patient care and education about ALS. The mission of the Les Turner ALS Foundation is to advance scientific research into the causes, treatments and prevention of ALS, provide exceptional clinical care and support services to people living with ALS, their families and caregivers, and increase awareness and education of ALS.

As a Team Race for ALS team member, you will receive a number of incentives. With a fundraising minimum of \$1,500 (set by the Chicago Marathon) I will give you all the tools and support you need to exceed that goal and have fun doing it. Runners with self-secured entries have a fundraising minimum of \$500.

Runner Commitments:

- Chicago Marathon Entry Fee of \$195 (through Chicago Marathon Website)
- \$25.00 Team Race for ALS Team Registration
- Fundraising commitment of \$1,500
- Self-secured entry fundraising commitment of \$500
 - Fundraising deadline October 6

Our Commitment to YOU:

- Guaranteed Chicago Marathon Entry/Bib
- Entry fee into Chicago Endurance Sports Marathon Training Program
 - In person or virtual option available
 - Summer program, incentives/benefits, race-day VIP event
- Run for ALS Singlet (new design)
- Personal Fundraising website and manual
- Staff Support
- Pre-race social events and monthly incentives
- Entry into the Strike Out ALS 5k and 1 Mile Run, Walk & Roll

We are committed to helping you raise your goal amount, through setting up your personal fundraising page, and providing incentives throughout the year! Every dollar you fundraise goes towards research and patient care services.

To guarantee your spot in the Chicago Marathon for Team Race for ALS, follow these steps:

- 1.) Fill out the attached form, and email it back to Shelby ASAP at sanderson@lesturnerals.org
- 2.) Register through the Chicago Marathon website
- 3.) Once the two steps above have been completed, Shelby will send you a separate email with instructions on creating your very own personalized fundraising page



Team Race for ALS Official Training Partner - CES

2017 Chicago Marathon Benefits

CES and our dedicated coaches have guided athletes of ALL levels across the finish line of the Chicago Marathon for over 16 years. Our 19-week program will prepare you for the race, no matter what your experience level is. Looking for a PR? Our coaches will challenge you with challenging, effective, smart training!

CES offers two options for training: Group (in person) and Virtual (train on your own):

ALL athletes that train with CES (Group OR Virtual) will receive the following:

- Professional, experienced (and nice!) coaches to help navigate the training season
 - * Get your questions answered, make adjustments to your training, motivation
- Comprehensive, daily training schedule for all ability levels and goals— delivered via FREE TrainingPeaks account
- Running and Run-Walk training plans available
- Custom, performance CES running singlet from Nike
- Weekly email newsletter with tips on training and program updates
- Exclusive, Members Only Facebook Group to share ideas, ask questions and keep each other motivated through the season
- Discounts/promotions from our partners
- Educational seminars & clinics
- **The CES Long Run*** — a fully supported 20-Mile Long Run (like the rest of our long runs, only WAY better!)
 - * Supported by CES Coaches and multiple Pace Groups (run & run/walk)
 - * Loop course starts & finishes in Lincoln Park, next to the Zoo
 - * Aid Stations & Post-Run treats, massage, etc.
- Race Day Resort* — The PREMIER race day accommodations for the Chicago Marathon!
 - * GREAT LOCATION, overlooking Grant Park (2 blocks from the start/finish)
 - * Indoor restrooms, gear check, pre/post run food, beverages
 - * Complimentary Medal engraving
 - * Friends & Family access available

Athletes that choose our Group (in person) training will receive these ADDITIONAL benefits:

- Coach led group training — twice per week
 - * Weeknight runs (form, speed, technique)
 - * Weekend long runs, led by Pace Leaders for multiple paces and distances
- Four (4) Fleet Feet Sports Training Locations available
 - * Dry, secure gear storage, restrooms, changing rooms and water are available
 - * Forget something? Expert gear & apparel support from Fleet Feet Sports
- Weekly Q & A with our coaches before & after all workout sessions
- Post-workout stretching & core work with pacers & coaches
- Meet new friends and training partners
- Smart ID shoe tag for emergency info

**TEAM
RACE
FOR ALS**

CHICAGO

ENDURANCE SPORTS