



TEAM

IN TRAINING®

TEAM IN TRAINING® **Winter Information Packet**

The Leukemia & Lymphoma Society
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TEAM IN TRAINING®

Thank you for inquiring about The Leukemia & Lymphoma Society's Team In Training (TNT) Program. If you are looking for a challenging and rewarding experience, this program is for you! Whether you are a first time athlete or trying to take your athletic ability to the next level, we can help you reach your goals.

We are currently forming teams to participate in our exciting summer season for the following endurance events:

Women's Half Marathon
To Benefit the Leukemia & Lymphoma Society
Run or Walk: Half
St. Petersburg, FL
November 22, 2009

Walt Disney World Marathon & Half Marathon
Run or Walk: Half or Full
Orlando, FL
January 9-10, 2009

We provide you with a comprehensive 4 to 5 month training program to help you complete your event, while you help us reach our goals by raising funds for the LLS. Our mission is to cure leukemia, lymphoma, Hodgkin's disease and myeloma and to improve the quality of life of patients and their families. It is the LLS's goal to maintain a direct cost ratio of no more than 25% for each TNT event. This means that TNT fundraising minimums are set to ensure that no more than 25% of funds raised are used to cover participant costs (training, travel to event, etc.) so that 75% goes directly to the LLS.

TNT is a celebration of life, the human spirit, physical ability and mental endurance. This may be the biggest challenge that you will ever take on, but we are here to support you EVERY step of the way! Our dedicated and experienced coaches will help you reach your training goals while the LLS staff will assist you in reaching your fundraising goal. You will also receive support and encouragement from your team captain, an alumni participant who has successfully completed the program's training and met the fundraising goal.

One of the most unique and special aspects of the TNT program is that each participant will have the opportunity to participate for an Honored Teammate, a local blood cancer patient or survivor in whose honor they train and raise funds. TNT participants are also encouraged to train in honor or memory of someone in their personal life. Through your Honored Teammate, you will understand the bravery and spirit shown every day by patients and survivors of blood cancers. Their experiences will inspire and motivate you to test the limits of your endurance and successfully complete your chosen event.

Once you reach your fundraising and training goals, The Leukemia & Lymphoma Society will arrange and pay for your airfare, hotel stay (double occupancy) and event registration, as well as weekend events including a pasta and victory party. The TNT staff is dedicated to helping you cross the finish line!

TNT is a rewarding program because you are not only reaching personal fitness goals, but are also reaching out to help others in their battle against leukemia, lymphoma, Hodgkin's disease and myeloma. We hope you will join our TEAM and help make a difference.



Women's Half Marathon – St. Petersburg, FL

- **Race Date:** November 22, 2009
- **Event Distance:** Half Marathon
- **Options:** Run , Walk or Run/Walk
- **Recommitment Date:** September 28, 2009
- **Minimum Due at Recommitment:** \$550.00
- **Fundraising Minimum & Deadline:** \$2,200 by November 4, 2009
- **Race Website:** <http://www.womenshalfmarathon.com/>

Come join thousand of other women from around the country and the world for an incredible weekend. This event boasts one of the most scenic racecourses in the country. Snaking along the beautiful St. Petersburg waterfront, through quaint communities, along the historic St. Petersburg Pier. This fast flat course provides runners with lasting memories as well as the opportunity to personal record. St. Petersburg boasts the No. 1 ranked beach in the nation, over 360 days of sunshine per year, world-renowned museums and a vibrant, active downtown area with plenty of shopping, dining and entertainment options.



Walt Disney World Marathon & Half Marathon – Orlando, FL

- **Race Date:** January 9-10, 2010
- **Event Distance:** Half and Full Marathon
- **Options:** Run, Walk and Run/Walk
- **Recommitment Date:** October 30, 2009
- **Minimum Due at Recommitment:** \$600.00
- **Fundraising Minimum & Deadline:** \$2,400 by December 15, 2009
- **Race Website:** <http://www.disneyworldsports.com>

With Team In Training you won't need a magic carpet to get to the finish line at the Walt Disney World Marathon. Disney combines competition with your favorite cartoon characters. The course will take you on a tour through Epcot, the Magic Kingdom, Disney's Animal Kingdom and Disney-MGM Studios. Runners and walkers experience the magic that makes the Walt Disney World Marathon one of a kind; a race where the smiles outnumber the miles!

TEAM IN TRAINING®

Fact Sheet

ABOUT TEAM IN TRAINING

Team In Training (TNT) is the first, largest and best endurance training program in the world with over 380,000 participants since its beginning in 1988. Team members receive personalized training to walk or run a marathon (26.2 miles), half marathon (13.1 miles), cycle a century ride (100 miles), or compete in a triathlon.

IN THE BEGINNING

In 1988, volunteer Bruce Cleland developed the concept of fundraising through an endurance event by recruiting a team of runners who raised money while also training for the New York City Marathon. They called their effort “Team In Training,” and went on to raise \$320,000 in honor of Bruce’s daughter Georgia, who had been diagnosed with leukemia. TNT is the original charitable marathon-training program. Since then, TNT has expanded to include cycling and triathlon training programs.

PARTICIPANTS

Novice and experienced walkers, runners, run/walkers, cyclists and triathletes can experience the thrill and sense of accomplishment that comes from completing an endurance event. Nationally, 1 of every 22 marathon entrants participates as a TNT member.

TRAINING

Experienced coaches design a day-by-day training program which prepares participants for their race day events. Participants are training for optimal performance and receive sound advice on form, technique, race strategies, equipment, injury prevention and nutrition. At the same time, participants benefit from improved strength, cardiovascular endurance and weight management. Group training consists of weekend morning workouts in various locations and informal weekday group training sessions. Coaches send weekly emails that include training tips and updates.

CAMARADERIE

Team members have the opportunity to get to know their fellow teammates at group training sessions, as well as at LLS sponsored events like pasta parties, Honored Teammate socials and fundraising workshops. Team members all share in the TNT experience and offer support and friendship to their fellow participants.

FUNDRAISING

In return for all of these aspects of the program, participants are asked to raise funds for The Leukemia & Lymphoma Society. Once you achieve the fundraising minimum associated with your event, the TNT staff will arrange and pay for your airfare, hotel stay (double occupancy), race registration and TNT weekend events. The TNT staff is dedicated to helping you achieve your goal! Shortly after the Kick Off Celebration, the TNT staff will host a fundraising meeting to provide you with all the information you will need to reach your fundraising goal, including personal solicitation and letter writing campaigns, corporate sponsorship campaigns and organizing special events.

*Training for and taking part in an endurance event with Team In Training (TNT) will be a learning experience for novices as well as seasoned athletes. TNT offers professional coaching in all of our sports to help you every step of the way, from your first training to the finish line. **Training for all events take place weekly (twice a week for triathlon).***

WALK: Our coaches will teach you a technique that is energy efficient, less tiring and less stressful than running. It is a style of walking that can tone your muscles, increase your flexibility, give you a full body workout and improve your cardiovascular system by using 93-95% of your muscles. TNT coaches focus on technique, endurance training and fast paced training. Training schedules begin with clinics to teach the techniques, followed by endurance that builds to the marathon distance and finally adding fast paced training to increase speed.

RUN: Our coaches will help you meet your full or half marathon goal and provide the proper training schedule for your needs, whether you are a novice or experienced runner.

RUN/WALK: The run/walk method has become increasingly popular in helping beginners complete the full or half marathon distance as well as improving personal best times for the intermediate and advanced runners. By inserting walk breaks into the long runs from the beginning of each run, you conserve your running muscles before they reach a detrimental level of fatigue.

CYCLE: The cycle program will train you to complete a 100-mile century ride in one day. Our experienced coaches will work with you to focus on building endurance. Along the way, you will also have clinics, which will discuss topics such as roadside repairs, strength training, nutrition, and riding in a pace line. Group training rides will be held on the weekends at various locations.

TRIATHLON: Triathlon is a multi-sport event that combines swimming, cycling and running. Training is based on the individual's fitness levels as well as personal event goals. **Please note: All participants MUST be able to swim at least 4 lengths of a 25-yard pool prior to the first group training session to join the triathlon team OR have a discussion with the coach about their swimming ability.** TNT training will prepare you to complete an Olympic or Sprint distance triathlon. The triathlon teams will have two coached workouts per week. One weekday swim and a weekend bike/run workout (Locations TBD).

EQUIPMENT: Water bottles are mandatory at every training session. Clinics will be held on proper running shoe selection & fit, proper training clothing, bike selection and maintenance (for triathletes and cyclists). See your coach or staff coordinator for details on clinics. You must provide your own bike for the triathlon and cycle events and helmets are required at all biking sessions.

TEAM IN TRAINING®

National Commitment Agreement

CHAPTER COMMITMENT

The Northern Florida Chapter of The Leukemia & Lymphoma Society®, will provide the following to Team In Training (TNT) members:

- Event travel (for destination events), hotel accommodations (double-occupancy) and entry into the endurance event for those team members who raise at least the participation minimum amount in donations by the established deadline date.
- A four to five month integrated training program for your registered endurance event.
- Group training sessions for team members to train and meet fellow walkers, runners, run/walkers, cyclists and triathletes.
- Ideas, strategies and materials (including sample letters, donation forms, TNT supplies and event ideas) to assist in reaching the fundraising goal.
- Clinics on nutrition, fundraising, injury prevention, equipment, race strategies and more.
- Support and encouragement from Coaches, Team Captains and Staff for each team member.
- Unique option to train in honor of a local leukemia, lymphoma or myeloma patient or survivor. TNT sponsors “Event Honored Heroes” each season to provide inspiration to all participants. Participants are also encouraged to train in honor or memory of personal friends, loved ones or colleagues. “Personal Honored Heroes,” or their family members will be notified by the LLS.

TEAM MEMBER’S COMMITMENT

Each TNT member commits to the following:

- Raise at least the participation minimum for the specified endurance event by the established participation minimum deadline date (See Event Information on page 3 of this packet for specific dates).
- Train to walk, run, or run/walk a marathon (26.2 miles), half marathon (13.1 miles), complete an Olympic or Sprint distance triathlon or cycle a century cycle ride.

FUNDRAISING POLICIES

- Participants who register as a team member will be raising funds towards a specific goal according to the event they have chosen. Please feel free to enlist friends’ help, but only one person per fundraising campaign will receive program benefits. Friends and family may join the program as separate team members.
- Donations are not transferable to another event for any reason, except injury. If you become injured and provide a doctor’s letter, you may transfer your funds to another TNT endurance event within the next six months.
- Funds raised by one team member may not be transferred to another team member.

TEAM IN TRAINING WEB SITE

On the website, www.teamintraining.org/nfl, the following information is available for your use:

- Fundraising ideas
- TNT announcements
- Honored Hero updates
- Calendar listings by events
- Training Schedules

For more information about the Society, please visit our Society website: www.lls.org/nfl

MISSION

To cure leukemia, lymphoma, Hodgkin's disease and myeloma and to improve the quality of life for patients and their families.

GOALS

- Significantly accelerate cures for leukemia, lymphoma, Hodgkin's disease and myeloma and other blood cancers.
- Be the recognized leader in the fight against leukemia, lymphoma, Hodgkin's disease and myeloma.

STRATEGIES

- Generate public awareness, attract and develop professional and volunteer resources and raise the funds necessary to accelerate our program and achieve our mission.
- Support the best researchers investigating the causes, treatment and cures for leukemia and other related cancers.
- Advocate for government research and funding and public policy to benefit patients and their families.
- Provide support programs for patients and their families and assistance to help them meet the costs of treatment.
- Serve the community through information and education programs.
- Educate health professionals about the latest advances in diagnosis and treatment.

ABOUT LEUKEMIA & BLOOD CANCERS

- Leukemia, lymphoma and myeloma are cancers that originate in the bone marrow and lymphatic tissue. All cancers have two features in common: cells that become abnormal and are produced in excess amounts.
- Leukemia, lymphoma and myeloma are considered to be related cancers because they involve the uncontrolled growth of cells with similar functions and origins. The diseases result from an acquired (not inherited) genetic injury to the DNA of a single cell, which becomes abnormal (malignant) and multiplies continuously. Their onset interferes with the body's production of healthy blood cells and makes the body unable to protect itself against infections.
- Leukemia, lymphoma and multiple myeloma are the major forms of blood cancer, with leukemia remaining a leading cause of disease death in children.
- Multiple myeloma is one of the top 10 leading causes of death among African Americans.
- The Leukemia & Lymphoma Society's research programs are based on the belief that all scientifically sound approaches toward a cure for, or control of, leukemia, lymphoma, Hodgkin's disease and myeloma should be encouraged on a worldwide basis. Since the first funding in 1954, the Society has awarded over \$483 million in research grants. With \$61.6 million awarded in 2006 alone, the Society's grant programs are among the most prestigious in the fields of hematology and oncology.

THE LLS'S PROGRAMS IN THE NORTHERN FLORIDA CHAPTER

- The PATIENT AID PROGRAM provides financial assistance towards treatment expenses.
- The PUBLIC EDUCATION PROGRAM provides free materials and educational programs to the public.
- The TRISH GREENE BACK TO SCHOOL PROGRAM helps children with cancer make a smooth transition from clinic to classroom by providing materials for students, teachers and parents.
- FAMILY SUPPORT GROUPS foster a comfortable atmosphere of mutual support and information for patients, families and their friends.
- The FIRST CONNECTION PROGRAM links newly diagnosed patients with a trained cancer survivor to provide information, support and hope from one who has lived through a cancer diagnosis and its treatment.
- COMMUNITY CONNECTIONS links cancer survivors with medical, social services and other community resources that improve the quality of life for patients and their families.
- The ADVOCACY program uses grassroots volunteers to advocate for increased funding for cancer research, for better access to health care and for quality health care.
- The LENDING LIBRARY for parents with a blood cancer diagnosis provides books, videos and other materials that parents can use to help children understand and cope when a parent has a cancer diagnosis.

JOIN TEAM IN TRAINING® FOR THE EXPERIENCE OF A LIFETIME!

Changing Lives...One Mile at a Time!

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