



TNT Fall 2009

www.teamintraining.org/nyc

THE EVENTS

The Nike Women's Marathon

A Race to Benefit The Leukemia & Lymphoma Society
Sunday, October 18, 2009
San Francisco, CA
www.teamintraining.org/nike262
Run OR Walk 26.2 OR 13.1 miles

Marine Corps Marathon

Sunday, October 25, 2009
Washington D.C.
www.marinemarathon.com
Run 26.2 miles

El Tour de Tucson

Saturday, November 21, 2009
Tucson, Arizona
www.pbda.com/!ETT/ETThome.html
70 or 100 Mile Bike Ride

Team In Training (TNT) is the world's largest endurance sports training program. Participants raise funds for leukemia, lymphoma and myeloma research as well as patient services in exchange for training, fundraising support, and travel accommodations for the event of their choice. Participants range from novices to seasoned athletes who want to get in shape, triumph over a challenge, and meet other motivated teammates. They train in honor or memory of someone they know or in honor of local blood cancer patients, known as honored teammates, who provide motivation and inspiration. Since TNT's inception, 389,000 participants have raised over \$950 million. LLS dedicates 75 percent of every dollar spent to advance its mission to cure leukemia, lymphoma, Hodgkin's disease and myeloma, and to improve the quality of life of patients and their families.

THE BENEFITS:

- Comprehensive 4- 6 Month Training Plan
- Certified Coaches
- Fundraising Support and Clinics
- Fitness, Gear, Injury Prevention & Nutrition Clinics
- Train with other NYC Volunteers as a Team
- Race Entry Fees
- Bike Transportation to your event
- Round Trip Airfare
- Travel Accommodations & Parties on Event Weekend
- Personal Satisfaction from Helping Patients Win their Battle Against Leukemia, Lymphoma and Myeloma

TEAM IN TRAINING FREQUENTLY ASKED QUESTIONS

1. When are the MARATHON group training sessions?

For Runners: The primary weekday group run will be on Tuesday evenings in both Central Park and Prospect Park. On Thursday nights there will be a group run in Staten Island. On the weekends, you will meet on Saturday mornings in Central Park Prospect Park and Staten Island.

2. What will the marathon practices consist of?

In general, the weekday workout will include running/walking, cross-training, and examination of technique and strategy, while the Saturday workout will focus on increasing your distance. Just bring athletic shoes and clothing to group training sessions and we will provide bag watch for your belongings.

3. When are the CYCLE group training sessions?

Tuesday

Brooklyn: 5:45AM - 15th Street Entrance, Prospect Park

Manhattan: 6AM - Loeb Boathouse, Central Park

Thursday

Manhattan: 6AM - Loeb Boathouse, Central Park

Manhattan: 7PM - Loeb Boathouse, Central Park

Saturday Mornings - Usually around 8 - 8:30AM - Loeb Boathouse, Central Park

* This location will change as the season progresses.

4. Do I have to attend all of the group training sessions?

Although we encourage you to attend as many group training sessions (GTS) as possible, they are not mandatory. The coaches will provide you with a detailed training schedule so that you will know what to do on your own if you miss a group session. While the GTS are not mandatory, they are important for your fitness, coaching, and getting to know your teammates.

5. What is the timeline for fundraising?

We ask that you have 25 percent of your fundraising completed by the halfway point of the training season (roughly 10 weeks before the event) to secure your place on the team, and that you complete your fundraising minimum by two weeks prior to the event. If you make any personal contributions to reach these milestones, you have until two weeks after the event to continue fundraising for reimbursement.

6. How will I know what to wear or if I am eating the right foods?

The coaches will prepare you for your training and event by providing clinics throughout the season on nutrition, gear, injury prevention, and more. (Dates and times TBA)

7. Will there be other people at my training level (beginners, intermediates, advanced)?

Yes, there will be people at every level at trainings. The coaches will break you up so that you will be training to a schedule developed for your specific skill level. The training calendars are also split up for people who are beginners (brand new to this), intermediates (can comfortably run 5-6 miles or ride 10-15 miles) and advanced (currently running over 26 miles per week or riding over 100 miles a week). The coaches can help you determine which level you should start at.

8. How many people will be at these group training sessions?

The number of people at the runs vary. But you can expect to find anywhere from 50 – 200 people at a GTS.

9. What can I expect at a Team In Training info meeting?

The meetings last one hour and provide you with more information about TNT as well as an opportunity to meet coaches, coordinators, mentors and honored teammates. If you register for TNT at a meeting, your registration fee is \$50, which goes towards your fundraising goal.