



Looking to get in shape this Spring?  
**TEAM IN TRAINING *FAST TRACK***

is now registering beginner to advanced athletes looking to get the same amazing TNT experience while training for a 4 mile race!

**Run for the Parks**  
**Sunday, April 18, 2010**  
**4 Miles in Central Park**

Team In Training® (TNT), the world's largest endurance sports training program, is now offering an exclusive opportunity to introduce you to our successful training programs through ***Fast Track*** – a 5-week training program geared towards getting you in shape for the Spring. The program includes group runs/walks, spin sessions, boot camp clinics, and yoga classes. All athletes will receive certified training from our TNT coaches, access to TNT friendly venues, fundraising support and social activities that are only rivaled by Team In Training's original half and full marathon program. Join our mission to find a cure for blood cancer while completing the challenge of running or walking a 4 mile event.

**BENEFITS YOU RECEIVE:**

- 5-week training program with TNT
- Certified Coaches
- Dry fit Running Tee-Shirt
- Race Entry Fees
- Post Race Party
- Spin Sessions, Yoga Classes, and Boot Camp
- Team Jersey
- Social Networking Opportunities
- Personal Satisfaction from Helping Patients Win their Battle Against Leukemia, Lymphoma and Myeloma



**Sign up and Join us at Kick Off!**

**When: Thursday, March 18th @ 7:00 PM**

**Where:**

**The North Face Store**

SoHo - 139 Wooster btwn Prince & B'way

OR

**The North Face Store**

Upper West Side - 2101 Broadway @ 73<sup>rd</sup>

**For Questions or to learn more Contact:**

[Karishma.Pradhan@lls.org](mailto:Karishma.Pradhan@lls.org)

or call 212-376-6742

# TEAM IN TRAINING *FAST TRACK* FREQUENTLY ASKED QUESTIONS

## General Event and Training Questions

### 1. What is Team In Training *Fast Track*?

Team In Training® (TNT), the world's largest endurance sports training program, is now offering an exclusive opportunity to gain the TNT experience through *Fast Track* – a **5-week program designed to prepare you for a 4 mile race in Central Park**. Whether you're new to running or a seasoned athlete, you will receive certified training, fundraising support and social activities that are only rivaled by Team In Training's original marathon program.

### 2. Who benefits from Team In Training *Fast Track*?

Team In Training *Fast Track* participants help raise funds on behalf of The Leukemia & Lymphoma Society to provide for much needed blood cancer research and patient services.

### 3. When and where is the event?

The New York Road Runners' City Parks Foundation Run for the Parks takes place on Sunday, April 18th at 8:00am. It is a 4 mile race in New York City's Central Park. [www.nyrr.org/races/2010/r0418x00.asp#](http://www.nyrr.org/races/2010/r0418x00.asp#)

### 4. Are there training sessions to prepare for the event?

Yes, the group training sessions will be 5 consecutive Saturday mornings at 10:00 AM in Central Park and 9:00 AM in Prospect Park. Additionally we offer TNT-exclusive spin sessions, boot camp trainings, and yoga classes on Thursday evenings.

### 5. What will the group training consist of?

In general, the training will include both cross-training techniques and strategy, while also focusing on increasing your distance. Just come to training practice in running clothes and athletic shoes and there will be someone there to watch your belongings.

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

Although we encourage you to attend the group training sessions (GTS), we know that you might not be able to attend all of them. 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 group training sessions are not mandatory, they are important for your fitness, coaching and getting to know your teammates.

### 7. How can I join Team In Training *Fast Track*?

Fill out the registration form that is attached and fax it back to us at 212-376-7096. Once we receive your registration form, we will get you signed up for the program and you will receive a Welcome email with further information from your coordinator. Additionally, we will be holding a Info Meeting/Kick Off event on Thursday March 18<sup>th</sup> at 7 PM at both Manhattan The North face stores and we encourage you to attend.

### 8. Can I form a Corporate or Friends/Family Team and become a Team Captain?

Yes! You can recruit five or more colleagues from your place of work and you can all participate together in the Team In Training *Fast Track* program. For further information about this opportunity, please contact our Corporate Development manager Jaclyn Toll at [jaclyn.toll@lls.org](mailto:jaclyn.toll@lls.org) or 212-376-4658.

### 9. What is the registration cost for this event?

The registration fee is \$50, via credit card charge, when you sign up. This amount goes towards your fundraising efforts. We ask that you raise \$500 or more to participate in this event.

# TEAM IN TRAINING *FAST TRACK* FREQUENTLY ASKED QUESTIONS CONTINUED

## Fundraising Questions

### **10. How much do I have to fundraise in order to participate in Team In Training *Fast Track*?**

We ask that you fundraise a minimum of \$500, however we encourage all participants to exceed this goal in order to maximize the dollars raised to further The Leukemia & Lymphoma Society's mission. Participants who raise over their minimum also will have the option of joining one of our Spring or Summer seasons.

### **11. How do I go about fundraising for the Team In Training *Fast Track* program?**

We have set up milestones to help you successfully achieve your fundraising goals. We will provide you with a customizable personal fundraising website page and email tools in which you can send fundraising request to family, friends and colleagues. You'll have access to a list of TNT friendly venues in which you can host events, fundraising letter templates and many more proven fundraising tips and tools at your disposal.

### **12. What if I don't make the fundraising minimum?**

We recommend that as soon as you sign up for the program, you begin to fundraising immediately. On March 31st, you will have the option to withdraw from the program with no further obligation. If at any time after March 31st, you withdraw from the program without having reached the \$500 Fundraising Minimum, TNT will ask that you make a \$100 personal donation to cover any costs incurred. At this point, all contributions made on your behalf remain contributions to LLS and are non-refundable should you withdraw from the program. If you do need to drop from the event due to an injury and can provide a doctor's note, we may be able to transfer your fundraising to a future Team In Training event. The Final Fundraising deadline when all funds need to be raised is Monday, April 12<sup>th</sup> 2010.

### **13. Will there be fundraising incentives or prizes for the top fundraisers?**

Yes, there will be incentive prizes including TNT gear, movie passes, and more when you raise an additional \$500 over your fundraising minimum (\$1000 in total).

### **14. Can I utilize a matching gift program? If so, where should the forms be sent?**

Yes, check with your company or any of your donor's companies to see if they have a program that matches charitable gifts of their employees. This can be very advantageous as it can double the amount of a donation at no cost to the donor. Matching gift forms should be available in the human resources department of the company that offers it.

### **15. If I receive a donation via check, what do I do?**

Make sure the check is made out to The Leukemia & Lymphoma Society. Then fill out the donor submittal form that you will receive at Kick Off or can download off our website. Finally, mail or drop off both the check and donor submittal form at our offices:

The Leukemia & Lymphoma Society  
Attn: TNT Fast Track  
475 Park Avenue South, 8<sup>th</sup> Fl.  
New York, NY 10016

### **16. What if I want to continue training after this event?**

That's easy. Our Summer season events are still available. Join Team In Training's half or full marathon program to train for the San Diego Rock N Roll Half or Full Marathon, or the Lake Placid Half Marathon. You can also join one of Fall season events starting in April 26<sup>th</sup>. If you decide to continue with a Summer program, we will apply all funds raised for the Run for the Parks (minus the \$50 registration fee) to your new fundraising minimum. If you choose a Fall season events, Team In Training will transfer any funds OVER the \$500 minimum to your new event. Participants have up to one month after the Run for the Parks event to let the TNT staff know which Summer or Fall season event they intend on joining.



# TEAM IN TRAINING: *FAST TRACK* VOLUNTEER REGISTRATION FORM

The Leukemia & Lymphoma Society, New York City Chapter, 475 Park Avenue South, 8th Floor, NY, NY 10016  
Phone: (212) 376-4761 Fax: (212) 376-7096 www.teamintraining.org/nyc

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Birth Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Address (preferred mailing address) \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Eve Phone \_\_\_\_\_ Day Phone \_\_\_\_\_ Mobile \_\_\_\_\_

Email \_\_\_\_\_ Fax \_\_\_\_\_

Employer \_\_\_\_\_ Position/Title \_\_\_\_\_

Company Address \_\_\_\_\_

Sex  Male  Female T-shirt size  S  M  L  XL

City/County/State in which most of training will take place (Circle One) : Manhattan Brooklyn

Training level (if known) Run/Walk (circle one) \_\_\_\_\_ minutes per mile

Are you a New York Road Runner (NYRR) member?  Yes  No

\*I would like more information on forming a Corporate or Friends/Family Team  Yes

### EVENT AND REGISTRATION INFORMATION

As a TNT volunteer supporting The Leukemia & Lymphoma Society and its mission, I hereby agree to train for and participate in the following event and to raise the designated Fundraising Minimum by approximately one week prior to my travel date.

*Run for the Parks 4 Miler* April 18th, 2010 \$500 4 Mile Run or Walk

### Registration Fee:

Registration fee of \$50 is non-deductible/non-refundable/non-transferable.

Registration fee is applied towards your fundraising minimum.

My company has a matching gift program and can match my \$50 donation.

\_\_\_\_\_ Card Number

\_\_\_\_\_ Exp. Date

\_\_\_\_\_ Security Code

\_\_\_\_\_ Name as it appears on card\*

\_\_\_\_\_ Signature

*\*This information must be personally provided and signed for by the cardholder.*

### RECRUITMENT INFORMATION

How did you hear about the Team In Training program? Identify primary source only:

I am a past participant (marathon / century / triathlon: event & year completed) \_\_\_\_\_

Referred by a family member, friend or TNT past participant (please name) \_\_\_\_\_

Direct Mail  Brochure / flyer (location) \_\_\_\_\_

Radio (station) \_\_\_\_\_  Tabling (location) \_\_\_\_\_

Magazine Article  Magazine Ad (publication) \_\_\_\_\_  Nike  P.F. Chang's

Newspaper Article  Newspaper Ad (publication) \_\_\_\_\_  PowerBar  American Airlines

Billboard  Racing Packet/Flyer \_\_\_\_\_  Seagate  Other

### PERSONAL CONNECTION

 If you have someone in whose honor or memory you wish to train, please indicate below:

NAME \_\_\_\_\_ IN HONOR OF / IN MEMORY OF (circle one)

If you would like us to send your Honored Teammate (or his/her family) an acknowledgement of your participation, please include recipient's name and address: \_\_\_\_\_



# VOLUNTEER COMMITMENT AGREEMENT

Team In Training (TNT) Fast Track is a program of The Leukemia & Lymphoma Society (formerly The Leukemia Society of America).

As a TNT volunteer, you will help LLS generate awareness of The Leukemia & Lymphoma Society and its mission and objectives to attract volunteers for LLS programs and activities, advocate for increased research into cures for blood cancers and educate the public.

The Leukemia & Lymphoma Society asks a lot of its TNT volunteers. First, we ask you to commit to train for and participate in an endurance event. We ask you to honor a person on whose behalf you will be completing an event.

As a TNT volunteer, you will receive no compensation from LLS. In fact, you will be asked to raise funds for blood cancer research, patient service programs and to help defray the costs of the TNT program. Each event that you may wish to volunteer for has a Fundraising Minimum. If you raise the minimum level of funds for that event, you will be eligible to have your expenses of participating in the endurance event paid for by LLS.

In light of this, we take your commitment to raise the Fundraising Minimum seriously. We want all Team In Training volunteers to be successful in raising at least the minimum and have structured the program to provide the support to help you reach your fundraising goal.

**FUNDRAISING MINIMUMS** Below is the required Fundraising Minimum for your event; however, we encourage all participants to exceed these goals in order to maximize the dollars raised for LLS' mission. The minimums are set to ensure we keep our program costs low, maintaining our credibility to all of our donors, and most importantly, maximizing the funds we are able to invest in our mission to cure leukemia, lymphoma, Hodgkin's disease and myeloma and improve the quality of life of patients and their families.

**Run for the Parks 4 Miler \$500**

**What if I don't make the minimum?** We have set up milestones to help you achieve your fundraising goal successfully. We have found that if you follow the recommended guidelines and use the materials provided, you will be successful.

It is recommended that as soon as you sign up for the program, you begin to fundraising immediately. On March 31st, you will have the option to withdraw from the program with no further obligation. Approximately, one week before your event (Monday, April 12<sup>th</sup>) we will ask you to have reached your \$500 minimum. This date is called *Fundraising Deadline*. At this time, if you are short of your Fundraising Minimum, we will ask that you make a personal donation to cover the difference between what you have raised and the Fundraising Minimum. TNT will process your credit card to cover the difference between your balance and the Fundraising Minimum. In the event that you will need to donate the difference, we will contact you first to ensure that all of your current donations have been properly posted to your fundraising account. You will then have until approximately one week after the event date to continue your fundraising and be eligible to receive check reimbursement upon request.

If at any time after March 31st you need to withdraw from the program without having reached the \$500 Fundraising Minimum, TNT will ask that you make a \$100 personal donation to cover any costs incurred. At this point, all contributions made on your behalf remain contributions to the LLS and are non-refundable should you withdraw from the program.

I have read and understand the above. I hereby commit to being a TNT volunteer, and to meet the expectations set forth above. I acknowledge that I am participating in TNT solely to support the mission of The Leukemia & Lymphoma Society, without any expectation of monetary benefit from my participation in TNT. I also acknowledge that as a TNT volunteer, I will be engaging in fundraising activities on behalf of and as agent of The Leukemia & Lymphoma Society, and that any funds raised or held pursuant to such activities are the property of The Leukemia & Lymphoma Society. I commit to raising the \$500 Fundraising Minimum for the Run for the parks 4 Miler for which I am registered or donate the difference by the Fundraising Deadline, one week prior to the event.

Signature \_\_\_\_\_

Name \_\_\_\_\_ Date \_\_\_\_\_  
(please print)

Program for which you are registered:

**Run for the Parks 4 Miler \$500**



# LIABILITY RELEASE

I, \_\_\_\_\_, (the "Participant") intending to be legally bound, understand and agree that I am voluntarily participating in The Leukemia & Lymphoma Society, Inc. ("LLS") Team In Training program (the "Program") and all of its activities including, but not limited to, (collectively, the "Event") at my own request and at my own risk. I acknowledge that I am aware of the risks inherent in training for and participating in the Event and certify that I am physically fit, have not been otherwise informed by any physician and know of no restrictions imposed on me by any physician that would in any way prevent me from actively participating in the Events.

In consideration of LLS' sponsorship of this Event and my being permitted to participate in the Event, I, on behalf of myself, my successors in interest, heirs, assigns, and representatives, hereby fully release and hold harmless LLS and its chapters, their Officers, Trustees, agents, employees, volunteers, any medical providers working for or on behalf of the Program, and representatives, successors and assigns (be they individuals or organizations), together with their insurers and sponsors (collectively, LLS), of and from any and all liability, claims, damages, actions and causes of action whatsoever on account of any loss, damage or injury to person (including death) or any other loss or inconvenience whatsoever, suffered by me at any time hereafter arising out of my voluntary participation in this Event, whether resulting from LLS' negligence or otherwise (collectively, "Liabilities").

I also give permission to LLS to freely use my name, picture and voice in any broadcast, telecast, print account, or any other account in any medium of this Event (the "Personal Release"). I understand that this Personal Release is perpetual in time and that it encompasses, with out limitation, any copyright or right of publicity or privacy that I may have in my name, picture and voice.

Consent and Information Release ("Consent"): I hereby grant permission to LLS to render preventive or first aid assistance or seek treatment or medical care that seems reasonably necessary, including hospitalization, for my health and well being. I also give permission to the LLS to use and disclose my personal health information ("PHI") in the ways described in this form. I allow LLS Society to use my PHI as necessary for purposes related to my treatment. I also allow LLS to give out my PHI to doctors, hospitals, ambulance companies, coaches, family members, and others involved in my care and treatment. My PHI may also be used and given out as necessary to run the Event or as necessary for the proper management and administration of LLS.

This Release and Consent will be governed by and subject to the laws (except the choice of law principles) and exclusive jurisdiction of the courts of the State of New York.

Date \_\_\_\_\_  
Signature of Participant

*\* Must be signed also by parent or legal guardian if the Participant is under age eighteen on the date this Release and Consent is signed.*

I, the undersigned, hereby certify that I am the parent or legal guardian of the Participant, and as such and on behalf of myself and the Participant, I agree to the terms of this Release, including the Consent, on behalf of the Participant and I hereby, in accordance with the terms and of such Release, release and hold harmless LLS (as defined above) from all Liabilities (as defined above).

Date \_\_\_\_\_  
Signature of Parent/Guardian



# MEDICAL, FITNESS AND EMERGENCY INFORMATION

Please complete this form completely and return to the New York City Chapter's office before your first day of training.

Name \_\_\_\_\_ Event Name \_\_\_\_\_ Birth Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Email Address \_\_\_\_\_

Day Phone \_\_\_\_\_ Eve Phone \_\_\_\_\_

## MEDICAL INFORMATION

Condition Requiring Medications \_\_\_\_\_

List those specific Medications \_\_\_\_\_

Allergies (food, medications, etc.) \_\_\_\_\_

Do you have any condition(s) that might affect your health and safety while training for your endurance event?

\_\_\_\_\_

## EMERGENCY INFORMATION

In case of emergency, please notify \_\_\_\_\_ Relationship (please circle) spouse / friend / relative

Emergency contact phone Home \_\_\_\_\_ Work \_\_\_\_\_ Cell \_\_\_\_\_

# PERSONAL INFORMATION

## PERSONAL CONNECTION

If you have someone in whose honor or memory you wish to train, please indicate below:

Name \_\_\_\_\_ IN HONOR OF / IN MEMORY OF (Circle one)

If you would like us to send your Honored Teammate (or his/her family) an acknowledgement of your participation, please include recipient's name & address: \_\_\_\_\_

If you would like to send us pictures of your Honored Teammate, please send them to your coordinator.

I am open to sharing the story of the person I'm doing this in honor or in memory of with the rest of the team.

I am a blood cancer survivor and would be open to sharing my story with the rest of the team.

\_\_\_\_\_ Signature of Participant