

**TEAM IN TRAINING®**  
Information and Registration Packet  
Fall Season 2011



***Make a difference in the lives of blood cancer patients and their families by training for one of our exciting fall season events!***

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**Local Event Offerings:**

**Disneyland® Half Marathon**  
Anaheim, CA – September 4, 2011

**The Triathlon at Pacific Grove**  
Pacific Grove, CA – September 10, 2011

**The Big Kahuna Triathlon**  
Santa Cruz, CA – September 11, 2011

**Urban Cow Half Marathon**  
Sacramento, CA – October 2, 2011

**Nike Women's Marathon, A Race to  
Benefit The Leukemia & Lymphoma  
Society**  
San Francisco, CA – October, 16, 2011

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**TNT Flex Offerings:**

**The Nation's Triathlon to Benefit  
The Leukemia & Lymphoma Society**  
Washington, D.C. - September 11,  
2011

**Bank of America Chicago Marathon**  
Chicago, IL - October 9, 2011

**Dublin Marathon**  
Dublin, Ireland - October 31, 2011

**Rock 'n' Roll Savannah Marathon  
& 1/2 Marathon**  
Savannah, GA - November 5, 2011

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***The world's largest sports endurance training program has supported over  
460,000 people just like you in completing the event of a lifetime***

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

## THE LEUKEMIA & LYMPHOMA SOCIETY'S TEAM IN TRAINING

Team In Training is a celebration of life, the human spirit, physical ability and mental endurance. This is a big and exciting challenge to take on and we are here to support you EVERY step of the way! A dedicated and experienced team of coaches will help you reach your training goals and you will receive fundraising support and encouragement from a mentor, a past participant who has successfully completed the program's training and fundraising.

One of the most unique and special aspects of the Team In Training program is that each participant is training and fundraising in honor of an individual diagnosed with a blood cancer. Participants can also train in honor or memory of someone in their own lives affected by cancer. Throughout the season, we share stories, learning more and developing a stronger commitment to our shared goal as we go. Through our honored teammates, we will understand the bravery and spirit shown by patients and their families every day – it's their experiences that inspire and motivate us to test the limits of endurance and successfully complete our walk, run, hike, ride or triathlon.

## WHAT IS TEAM IN TRAINING FLEX AND HOW DOES IT WORK?

Team In Training Flex was initially designed to accommodate individuals who do not live in close proximity to existing training programs. In recent years, the Flex program has been working with athletes in all areas of the country to offer a wider variety of endurance events beyond what the each participant's local chapter may have on the calendar. Increasingly, Flex participants are simply looking for training support that fits into a busy lifestyle. Whatever your reason for choosing a Flex event, you will receive all the great benefits of the first and best charity endurance sports training program! As a Flex team member, you have the option of training with the local team, or receiving your training and fundraising support in an online format that allows you to take advantage of our great coaching and support on your terms. You will be provided with an expert coach, an online interactive training program, a mentor who will support you in fundraising, clinics on injury prevention and nutrition presented by recognized experts in their field and all the staff support you could possibly need.

## OUR COMMITMENT TO YOU

- Round trip travel to your event destination\*, hotel accommodations\*\*, and guaranteed entry into the event that you have selected for those team members who turn in the minimum fundraising amount by the established fundraising deadline.
- A 3-5 month comprehensive training program provided by a professional coach.
- Fundraising ideas, strategies and materials, including sample letters and donor forms to assist you in reaching the fundraising goal.
- Clinics on nutrition, wellness and injury prevention, race strategies and more. These will be in the form of group meetings or monthly conference calls.
- Support and encouragement from the coaches, mentors, staff and an honored teammate during the fundraising and training.

*\*If applicable, if you choose the "no flight" option; you will be responsible for booking and paying for your airfare to your destination. \*\*Number of hotel nights vary by event.*

## YOUR COMMITMENT TO TEAM IN TRAINING

- Train to complete your selected event.
- Raise at least the designated fundraising minimum for your event.
- Become an ambassador for The Leukemia & Lymphoma Society, raising awareness and engaging in vital community outreach.
- Make a difference in the lives of blood cancer patients and their families!

If you have lingering questions and would like to talk to us about your decision to join the TEAM that saves lives, please contact Jenaye Shepherd at [jenaye.shepherd@lls.org](mailto:jenaye.shepherd@lls.org) or (916) 929-4720 x30. To get started, simply fill out the following pages and e-mail, mail or fax them back.



**TEAM IN TRAINING VOLUNTEER REGISTRATION FORM**

Greater Sacramento Area Chapter · 2143 Hurley Way, Suite 110 · Sacramento, CA 95825  
Serving Greater Sacramento, North San Joaquin Valley and Northern Nevada  
Telephone: 916-929-4720 · Toll free: 800-410-8170 · Fax: 916-929-6378  
Email: Stephanie Smith, Campaign Assistant [stephanie.smith@lls.org](mailto:stephanie.smith@lls.org)

**Fill out your contact information (please write clearly):**

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ Middle Initial: \_\_\_\_\_

Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ (must be 16 years old on date of registration)

Home Address/P.O. Box: \_\_\_\_\_

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

Primary Phone: \_\_\_\_\_  cell  home  work Secondary Phone: \_\_\_\_\_  cell  home  work

Email: \_\_\_\_\_

Check here to give permission to share your email address to better connect you with your teammates

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

Company City/State: \_\_\_\_\_

Sex:  Male  Female Education (last completed):  High School  College  Post Graduate

T-Shirt Size:  X-Small  Small  Medium  Large  X-Large  XX-Large  XXX-Large

**I am a TNT Alum!** Please apply my TNT Loyalty Discount of \$250 to my selected Fundraising Minimum!

Please list chapter/event/year of your last TNT event completed: \_\_\_\_\_

**I will be participating in the:**

- Full Marathon
- Half Marathon
- Triathlon

**I plan on:**

- Running
- Walking
- Doing Run/Walk Intervals
- Completing a Triathlon

**Primary Training Location:**

- Sacramento
- Placer County
- Folsom/El Dorado Hills
- Reno
- North San Joaquin Valley
- I will not be able to attend group trainings and would like to receive my training and fundraising support online

**Registration Fee**

The TNT Registration Fee is **non-deductible and non-refundable**. The Registration fee is applied towards your fundraising minimum (payable to The Leukemia & Lymphoma Society).

I have enclosed a check for my \$100 non-deductible / non-refundable registration fee

I am a TNT alumnus and therefore exempt from the registration fee

Please charge my credit card for the \$100 registration fee:

\_\_\_\_\_  
Credit Card #

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

\_\_\_\_\_  
Last 3 Digits

\_\_\_\_\_  
Name

\_\_\_\_\_  
Signature

**For office use only:**  
Date  
Ck #

## Event Selection

As a Team In Training volunteer supporting The Leukemia & Lymphoma Society and its mission, I hereby agree to train for and participate in the following endurance event and to raise the designated fundraising minimum by the deadline of approximately two (2) weeks prior to the date of my event.

<b>Event</b>	<b>Location/ Hotel Stay</b>	<b>Event Date</b>	<b>Fundraising Minimum</b>
<b>Disneyland Half Marathon</b> 13.1 mile run or walk	Anaheim, CA 2-night hotel	Sunday, September 4 2011	<input type="checkbox"/> \$2,800 With Flight <input type="checkbox"/> \$2,600 No Flight
<b>The Triathlon at Pacific Grove</b> 0.9 mile swim, 24 mile bike, and 6.2 mile run or walk <i>*Not offered in NSJV or Reno</i>	Pacific Grove, CA 2-night hotel	Saturday, September 10, 2011	<input type="checkbox"/> \$2,900 With Hotel <input type="checkbox"/> \$2,700 No Hotel
<b>The Big Kahuna Triathlon</b> 1.2 mile swim, 56 mile bike, and 13.1 mile run or walk <i>*Not offered in NSJV or Reno</i>	Santa Cruz, CA 2-night hotel	Sunday, September 11, 2011	<input type="checkbox"/> \$3,200 With Hotel <input type="checkbox"/> \$3,000 No Hotel
<b>Urban Cow Half Marathon</b> 13.1 mile run or walk	Sacramento, CA 1-night hotel option	Sunday, October 2, 2011	<input type="checkbox"/> \$1,000 No Hotel <input type="checkbox"/> \$600 Double-Header <input type="checkbox"/> With Hotel +\$100
<b>Nike Woman's Marathon, A Race to Benefit The Leukemia &amp; Lymphoma Society</b> 26.2 or 13.1 mile run or walk	San Francisco, CA 2-night hotel	Sunday, October 16, 2011	<input type="checkbox"/> \$2,300 No Hotel <input type="checkbox"/> \$2,500 With Hotel <input type="checkbox"/> \$1,500 Double-Header
<b>The Nation's Triathlon to Benefit The Leukemia &amp; Lymphoma Society</b> 0.9 mile swim, 24 mile bike, and 6.2 mile run or walk	Washington, D.C. 3-night hotel	Sunday, September 11, 2011	<input type="checkbox"/> \$3,900 With Flight <input type="checkbox"/> \$3,500 No Flight
<b>Bank of America Chicago Marathon</b> 26.2 mile run, 6.5 Hour Course Time Limit	Chicago, IL 3-night hotel	Sunday, October 9, 2011	<input type="checkbox"/> \$3,900 With Flight <input type="checkbox"/> \$3,500 No Flight
<b>Dublin Marathon</b> 26.2 mile run or walk	Dublin, Ireland 3-night hotel	Monday, October 31, 2011	<input type="checkbox"/> \$5,800 With Flight <input type="checkbox"/> \$5,300 No Flight
<b>Rock 'n' Roll Savannah Marathon &amp; Half</b> 26.2 or 13.1 mile run or walk	Savannah, GA 3-night hotel	Saturday, November 5, 2011	<input type="checkbox"/> \$3,900 With Flight <input type="checkbox"/> \$3,500 No Flight

## Tell us how you heard about the Team In Training program:

(Identify primary source only)

- I am a past participant (please list event, year, & chapter): \_\_\_\_\_
- Referred by a friend and/or past participant (Please list Referral's Name/Sport so they can receive \$100 Fundraising Credit): \_\_\_\_\_
- I received a brochure in the mail
- I saw a poster or brochure at \_\_\_\_\_
- Racing Packet: (Name of race): \_\_\_\_\_
- Radio (station) \_\_\_\_\_
- TV (station) \_\_\_\_\_
- Magazine article or advertisement (Name of Magazine) \_\_\_\_\_
- Newspaper article or advertisement (Name of Newspaper) \_\_\_\_\_
- Billboard

From one of TNT's Sponsors:

- Runner's World
- Nike
- PowerBar
- Other \_\_\_\_\_

## Sign the Volunteer Commitment Agreement:

I have read and understand the **VOLUNTEER COMMITMENT AGREEMENT** (attachment A). I hereby commit to being a TNT volunteer, and to meet the expectations set forth in the agreement. 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 an 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.

Signature: \_\_\_\_\_

Name (please print): \_\_\_\_\_

Date: \_\_\_\_\_

## My Connection to the Cause:

- I do not have a personal connection to cancer. I am looking forward to meeting my team honoree!
- I have a personal honored teammate: I am participating in
  - Honor of     Memory of    Name: \_\_\_\_\_
  - Relationship: \_\_\_\_\_
- I am a cancer survivor, and would love to share my story with the TEAM!
- I am a cancer survivor, but I would not like to be recognized at this time.



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Email: Stephanie Smith, Campaign Assistant [stephanie.smith@lls.org](mailto:stephanie.smith@lls.org)

**Sign the Participant Liability Release/Consent and Information 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, training for and participating in 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 Event.

In consideration of LLS's 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 the 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, without 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 preventative or first-aid assistance or seek treatment or medical care that it seems reasonably necessary, including hospitalization, for my health and well being. I also give permission to LLS to use and disclose my personal health information ("PHI") in the ways described in this form. I allow LLS 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.

Signature: \_\_\_\_\_

Name (please print): \_\_\_\_\_

Date: \_\_\_\_\_

**\*\*\*Must be signed also by parent or legal guardian if the Participant is under age 18 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 of such Release, release and hold harmless LLS (as defined above) from all Liabilities (as defined above).

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

Print Name: \_\_\_\_\_



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Email: Stephanie Smith, Campaign Assistant [stephanie.smith@lls.org](mailto:stephanie.smith@lls.org)

**Fill out the Medical and Fitness Information:**

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Primary Phone \_\_\_\_\_  cell  home  work    Secondary Phone \_\_\_\_\_  cell  home  work  
Email \_\_\_\_\_ Date of Birth \_\_\_\_\_

**Medical Information**

Name(s) on Insurance \_\_\_\_\_  
Insurance Provider \_\_\_\_\_ ID# \_\_\_\_\_  
Current Medications \_\_\_\_\_  
Condition Requiring Medications \_\_\_\_\_  
Allergies (food, medications, etc...) \_\_\_\_\_

Have you experienced any of the following symptoms in the last year?

Chronic Illness     Back Problems     Fainting Spells     High Blood Pressure  
 Diabetes     Bone/Joint Condition     Unusual Fatigue     Liver Condition     Asthma  
 Heart Condition (if so, please write in what type \_\_\_\_\_)

***If above symptom box or boxes checked marked, Team In Training may require a note from a physician giving medical permission to participate in any Team In Training program.***

Do you have any conditions that might affect your health and safety while training for your endurance event (e.g. Pregnancy, temporary illness such as cold/flu, etc...)

Is there anything else, not listed above, that you would like us to know about?

***If your health changes so that you would check any boxes above that are not currently checked, please contact your staff and coach.***

**Fitness Information**

I currently engage in athletic/sports/fitness activities:

Daily     5-6 Days/week     3-4 Days/week     1-2 Days/week     Almost Never

List any previous or current athletic injuries:

I have completed (state number completed):

\_\_\_\_ Marathon(s)    \_\_\_\_ Half-Marathon(s)    \_\_\_\_ 10K(s)    \_\_\_\_ 5K(s)    \_\_\_\_ Century Ride(s)    \_\_\_\_ Triathlon(s)

Please describe other races/tours/competitions completed:

**Emergency Contact Information**

In case of emergency, please notify: \_\_\_\_\_ Relationship \_\_\_\_\_  
Home \_\_\_\_\_ Work \_\_\_\_\_ Cell \_\_\_\_\_

**Please Keep This Page For Your Records**

Team In Training (“TNT”) is a program of The Leukemia & Lymphoma Society. As a TNT volunteer, you will help the Society generate awareness of The Leukemia & Lymphoma Society and its mission and objectives; attract volunteers for the Society’s programs and activities; advocate for increased research into cures for leukemia and related disorders; 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 leukemia patient on whose behalf you will be competing. We also ask you to participate in program-related and organizational activities held at the site of your event. This may include, for example, participation in media events, visits to local blood cancer patients, meetings with local officials, visits to medical and research facilities conducting leukemia research, and TNT workshops. Finally, as a member of the Team, it is our expectation that you will conduct yourself in a professional manner at all times. Failure to do so could result in your being asked to leave the program.

As a TNT volunteer, you will receive no compensation from the Society. In fact, you will be asked to raise funds for leukemia and other blood related cancers research and 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 connected with it. If you raise the minimum level of funds for that event, you will be eligible to have your expenses of participating in the marathon or half marathon paid by the Society. 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.

**Event Participation:** During your training, you should become familiar with the event participation rules. Team In Training is committed to having all volunteers participate in events in a fair manner. This means that at no time should you alter the event course itself or intentionally disobey any rules that the event has in place. Doing so could jeopardize our future participation in such events and disqualify you and/or your results for that event.

**Fundraising Minimums** - The required fundraising minimums for each event are listed on page 1 of this packet. These 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.

**What if I don’t make the minimum?** - While we understand that this may be the most money you have ever attempted to raise, and you may feel unsure about whether you will be able to do it, we have found that if you follow the recommended guidelines and use the materials provided, you will be successful. On the recommitment deadline listed below, we will ask you to submit a “Recommitment Form”, confirming your commitment to the team and to raise the fundraising minimum set for your event. At this time, if you have not already turned in the minimum, we will ask you to secure your position on the team with a credit card or check, acknowledging that you will donate the difference between what you have raised and the minimum, if you have not raised the minimum by the final fundraising deadline date listed below. Should you decide not to recommit, you will need to drop off of the team at this time.

<b>Event</b>	<b>Recommitment Date</b>	<b>Final Fundraising Deadline</b>
Disneyland Half Marathon	July 1, 2011	August 19,2011
The Triathlon at Pacific Grove	July 8, 2011	August 26,2011
The Big Kahuna Triathlon	July 8, 2011	August 26,2011
Urban Cow Half Marathon	August 5, 2011	September 16, 2011
Nike Women’s Marathon	August 5, 2011	September 30, 2011
Nation’s Triathlon	July 5, 2011	August 26, 2011
Bank of America Chicago Marathon	July 5, 2011	September 23, 2011
Dublin Marathon	August 1, 2011	October 14, 2011
Rock ‘n’ Roll Savannah Marathon & ½ Marathon	August 1, 2011	October 21, 2011

**Expense reimbursement policies** - It is the Society’s TNT policy NOT to: a) Incur meal, lodging or travel expenses that are “lavish or extravagant” or b) Pay the traveling expenses of spouses or other traveling companions. 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 also understand that my TNT coach or staff may suggest that I not continue in TNT for reasons including, but not limited, to my ability to reasonably succeed in my selected event.