

Robb Fort

Run/Walk Head Mentor

I became involved in Team in Training (TNT) in 2001, as a participant in the Disney Half Marathon. Raising money for this great charity and learning how to run my very first endurance event was by far the most challenging and rewarding thing I have ever done.

I was very intimidated by both the fundraising and the training goals, but found the support of the coaching staff and the mentors made it quite easy.



Shortly after that event, I became a mentor, providing support and encouragement to participants in our program. I am very proud to say that a number of my mentees have become mentors, and one, after performing the duties of a mentee, became a full-time, paid staffer at the Team and Training (Leukemia and Lymphoma Society's) office. Recently I became a co-head mentor, focusing on improving our mentor program.

Since my first event with TNT, I have been a participant (raising money and training with the team) in 3 marathons. Through the program, I have been to Orlando, San Francisco, New Orleans, and Cincinnati. In addition, I have run numerous 1/2 marathons, 5 marathons, two 50Ks and one 50 miler. I hope to someday complete a 100-mile race and an IronMan distance triathlon. None of this would have happened without the support structure that TNT provides.

I love the TNT program. I love that fact that we help others battle these horrible illnesses, and we are winning the battle. I also love helping those who join in our fight -our participants!!! My favorite quote is: "It isn't a miracle that I finished. It's a miracle that I had the courage to start." Please take the courage to start and join Team In Training!