



...taking you from the couch to the finish line!

**Team Wellness is doing the LA Marathon
and we can train you to finish it, too!**

Base Building Training begins 9.11.10

Official Training begins 10.9.10

LA Marathon is on 3.20.11

WALK OR RUN...it's up to you

Nervous about doing 26.2 miles?

Our coaches have a 99% finish rate with people they've trained –
(Yes, with both absolute beginners and novice athletes!)

SSSHHHH, don't tell, we're planning a RENEGADE HALF MARATHON!!!
(Our coaches will tell you where and when to begin the race so you can still cross the finish line!)

A \$250 registration fee covers race entry, training & running shirt costs.

There is a fundraising requirement of \$1800 to be on the team.

(We'll help you be successful with that, too, and 100% of this benefits TWC-WLA's programs!)

For more info & to register: acioban@twc-wla.org or 310-314-2565

TEAM WELLNESS is the charity marathon training team for
The Wellness Community-West Los Angeles (TWC-WLA)
a 501c3 nonprofit organization whose mission is

To ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.
All programs and services at TWC-WLA are provided free of charge to its community members.