



Walk/Run Training Program

We're training for the

LA MARATHON **5K**

March 20, 2010

Training begins

Thursday, November 19, 2009

FREQUENTLY ASKED QUESTIONS

What is *Team Wellness*?

Team Wellness is a charity walk/run training team, for which participants raise money and awareness for The Wellness Community-West Los Angeles (TWC-WLA) in exchange for receiving a comprehensive training program to help them prepare to participate in a race, whether a marathon, half marathon, 10K or 5K.

What are the benefits for team members?

Team members receive the following benefits:

Training

- 17-week group training program
- Support and motivation in our group environment
- Presentations on injury prevention, nutrition, and more
- Tips on form, technique, apparel and equipment

The Race

- Being part of a team

Team Apparel

- *Team Wellness* t-shirt
- The Wellness Community-West Los Angeles pedometer
- Running shoe discounts

Social Gatherings

- Paid pre-race pasta party
- Post event victory party

Committed Staff Support

- Personalized fundraising web page
- Fundraising tips and guidance to help reach your goal
- Pledge forms and samples for letter writing campaign

Where is the 2010 *Team Wellness* race destination?

The *Team Wellness* walk/run team will train to participate in the LA Marathon 5K on Saturday, March 20, 2010 at Dodger Stadium. This year's New Performance Nutrition 5K is the official warm-up run for the LA Marathon. Walk/Run the 5K, visit the Expo and pick up your Marathon number all at once. The 25th Anniversary of the Los Angeles Marathon full marathon will take place on Sunday, March 21, 2010 and will unveil a new point-to-point course, which starts at Dodger Stadium and finishes in Santa Monica and will highlight iconic sites across greater Los Angeles. Details to come on the 5K route!

What does the membership on *Team Wellness* include?

We've made a concerted effort to keep the fundraising requirement as low as possible during this challenging economic time. Therefore, *Team Wellness* will be participating in a race in our home town and service area, beautiful Los Angeles, CA! The LA Marathon 5K is on Saturday, March 20, 2010 and the full marathon is on Sunday, March 21, 2010. This year, *Team Wellness* will not provide transportation, travel or accommodations but will include: pre-race pasta party, team apparel, group training and more.

Will anything be organized for my family and friends?

Team Wellness will designate specific meeting and cheering areas for friends and family of team members. Details will be provided closer to race date.

Also, The Wellness Community-West Los Angeles is joining forces with our fellow TWC's in southern California and will be hosting a cheer mile on the day of the full marathon, Sunday, March 21, 2010. This exciting group activity is open to *Team Wellness* members and their friends and family. Details will be provided closer to race date.

What does the training program include and who is the training coach?

By joining *Team Wellness*, you'll never have to walk or run alone!

Those participating in the LA Marathon 5K will enjoy bi-weekly group walk/runs each Tuesday and Thursday evening in Santa Monica, CA beginning Thursday, November 19, 2009. Our 17-week group training program will prepare the novice walker to the seasoned runner for a 5K race and will be led by *Team Wellness* Team Leaders who collectively have participated in over 30 Marathons, Half Marathons, 10K's and 5K's. In addition to the bi-weekly group walk/runs, training includes informational presentations on injury prevention, nutrition, recommended walk/run equipment, and pre-race preparation.

Those interested in the full marathon are welcome to join the rest of *Team Wellness* mid week for our bi-weekly walk/runs in Santa Monica. Full marathoners will also have the option of training with the coach Robert Mills of Club 26.2!

ROBERT MILLS is the founder of Club 26.2, a comprehensive run/walk long distance training program that is designed for all levels of experience from novice walker to the seasoned runner.

Robert has more than 40 marathons under his belt along with numerous half marathons, 10K's and 5K's. He has coached more than 1000 runners/walkers with over 99% crossing the finish line. Over 80% of these participants were first time marathoners/half marathoners. Most represented a number of vital non-profit organizations. In appreciation for his efforts, Robert has received special recognition from all of their member organizations.

Because each team member is different, he will work with each individual to design a personalized training program for both runners and walkers. The training program is designed to meet the needs of the rookie runner or walker, the average runner or competitive walker and the competitive runner or veteran marathoner.

In addition to weekly individual running/walking schedules, the training includes organized group long run/walks held every weekend at various locations throughout the area. The program also includes informational presentations focusing on topics such as injury prevention, nutrition, selecting the best running shoes, and a pre-marathon preparation review. Robert will also make himself

available to answer questions and sends team members a weekly newsletter. A complete training packet is provided upon registration. With the help of our experienced coach and the support and camaraderie of your team members, you can achieve your marathon goal!

If you are not in the Los Angeles, CA area, you are invited to train from afar! You will receive coaching and all of the materials by email, and Robert is also available via email and phone whenever you need him! Call TWC-WLA for more information: 310/314-2555.

When does training begin?

Those participating in the LA Marathon 5K will enjoy bi-weekly group walk/runs each Tuesday and Thursday evening in Santa Monica, CA beginning Thursday, November 19, 2009.

Those interested in the full marathon will train with Club 26.2 on Sunday mornings for 22 weeks in Marina del Rey, CA beginning Saturday, November 1, 2009.

What kind of time commitment do I need to make?

Making a commitment to the training is vital to enjoying a successful race, but it doesn't require as much time as you might think! It is recommended that 5K racers walk or run two to three times per week for 20 – 60 minutes each. Full Marathoners will walk or run three to four days per week, with relatively low mileage mid-week (3 to 6 miles) and longer mileage with Club 26.2 training program on the weekends.

All team members are welcome to participate in our bi-weekly group trainings in Santa Monica, or you can simply fit these workouts in at a location and time that is best for you. If you are training out of town, we encourage you to join a walking or running club in your area and find a group to run with.

I have run a race before - is the program just for first-time marathoners?

No, the program is for first timers as well as experienced runners who want to train to set a personal best record. Team Leaders will work with you to design a program to meet your specific goals.

I've never run more than for a few minutes before. How can I run 3.1 or 26.2 miles?

With the right attitude, commitment and a solid training program, anyone can complete a 5K and even a full marathon. If you are already able to run or walk 20 minutes at a time, you are at a great place to start a 5K or marathon training program. For the full marathon, with the help of our Team Leaders and Club 26.2 training program, you will be able to complete your race.

I'm not a runner; can I train to walk the 5K or marathon?

Our coach can train non-runners to walk, walk/run or run/walk the 5K or the full marathon. Run/walking is actually easier than walking or running the entire distance. By alternating walking with a little bit of running, you can reduce the chance of overusing and injuring muscles and get to the finish line faster. Team Leaders will work with you to create the best training program for your specific goal. And, as with any physical exercise program, we suggest you consult with your physician prior to the training if you are not in good physical shape or have not been participating in a fitness regimen.

I'm not a fast runner/walker; are there any time restrictions?

There is no time limit for the 5K and the full marathon course limit is 6 hours. This is a pace of about 14 minutes or better per mile for the full marathon. Official finish times, finisher medals, and post-race refreshments cannot be guaranteed to any full marathon participants finishing over 6 hours.

Are there any age requirements?

At this time, we are not aware of any age restrictions to participate in either the 5K or full marathon except that those under the age of 18 must have signed permission by a parent or legal guardian. Children under the age of 13 must be accompanied at all times by a parent or legal guardian.

What is The Wellness Community-West Los Angeles and why should I raise money for it?

The Wellness Community-West Los Angeles is the founding chapter of an international nonprofit organization that provides free emotional support, education and hope for people with cancer and their loved ones. Through participation in professionally led support groups, educational workshops and stress reducing mind/body programs, people affected by cancer can learn vital skills to regain control, reduce feelings of isolation and restore hope—regardless of the stage of disease. Most importantly, TWC-WLA provides a home-like setting for people faced with cancer where they can connect with and learn from each other. ***At The Wellness Community-West Los Angeles, all programs are free of charge.***

The Wellness Community-West Los Angeles relies solely on the generosity and commitment of individuals just like you. With one out of every two people in the United States being diagnosed with some form of cancer at one point in their lives...the need speaks for itself. For more information about TWC-WLA, please visit www.twc-wla.org.

How much money do I have to raise?

Many of us have been impacted by the economic situation, and so we've reduced our minimum fundraising requirement this year. Team Members will register for their race on their own for both the 5K and full marathon, and either way you will have a fundraising commitment of only \$300 in donations. Please note that full marathoners participating in the Club 26.2 training program will also have a registration fee of \$200 due to TWC-WLA (and they can choose to increase their fundraising goal by the \$200, so they will raise a total of only \$500, instead of paying out of pocket. A very small percentage of the donations will be used to cover costs of the training program, team apparel, and team pasta party. The majority of the funds raised will be used to directly support programs and services at The Wellness Community-West Los Angeles. 100% of donations are tax deductible to the extent of the law.

That sounds like a lot of money, how do I raise it?

Fundraising is actually a lot easier than you might think – especially since we have significantly reduced fundraising minimums this year in light of the current economic situation. You'll find that when you share your commitment and dedication to supporting people with cancer with your friends and colleagues, you'll be pleased by the generosity of others. Veteran *Team Wellness* members have been surprised at how easy it is to raise money for a cause that touches so many people. Many past team members have raised much more than the minimum goal by doing nothing more than sending a letter or email to their family and friends! A complete fundraising packet, including a personal fundraising web page and letter writing campaign materials, are provided upon registration to help you meet this goal. Our experienced fundraising staff will also be available to help you with fundraising suggestions and support.

When does the money have to be turned in?

Fundraising guidelines/deadlines will be followed throughout the program. We advise that you periodically send the donations you've gathered into TWC-WLA. We would like you to have met your goal by the time of the race.

What kind of financial investment do I have to make?

You will need to register yourself for your race. Online registration is now open. It costs \$35 to register for the LA Marathon 5K and \$125 to register for the LA Marathon full marathon. You will also need to invest in personal mailing supplies if you chose to do a letter writing campaign. You may also need to purchase some training items including running/walking apparel, athletic shoes, water bottle, etc. Our Team Leaders will help determine what you will need.

Can I participate in honor or memory of someone with cancer?

As you begin this personal challenge, your inspiration is in knowing that your commitment will support people with cancer as they face their own personal challenge of fighting for recovery and improved quality of life at TWC-WLA. You can participate in honor or memory of someone you know who has been touched by cancer, or we can partner you with a cancer patient who would be honored to serve as your inspiration during your training.

I'm a cancer survivor; can I participate to celebrate my survivorship?

Many cancer survivors have participated in *Team Wellness* as a way to celebrate their survivorship. Your participation will not only be a personal accomplishment but also will provide inspiration and hope to others living with cancer. Celebrate your survivorship by joining our team! As with any exercise program, we request that you consult with your physician prior to joining *Team Wellness* to obtain approval for participation in the training program.

I'm still not sure. How can I find out more about the program?

For more information about *Team Wellness*, please call TWC-WLA at 310/314-2555, email ngarton@twc-wla.org, or attend one of our information sessions where you can learn more about the program and ask questions.

Information sessions are scheduled for:

Wednesday, October 14, 2009 at 6:00pm

Thursday, October 29, 2009 at 6:00pm

Tuesday, November 3, 2009 at 6:00pm

Meetings will be held at TWC-WLA in Santa Monica, and **reservations are required**, as space is limited. If you would like to reserve a space for one of the information sessions, please call us at 310/314-2555 or email ngarton@twc-wla.org.

I want to join the team, how do I sign up?

To register for *Team Wellness*, please complete the registration packet and send to TWC-WLA along with your registration fee to reserve your spot on the team today. Please note that your registration fee does not count towards your fundraising goal and is non-refundable. Upon receipt of your registration packet and fee, you will receive a complete fundraising packet and detailed information about the training program.

You can register by any of the following methods:

By mail

- Mail registration form and check or credit card payment to:
The Wellness Community – West Los Angeles
2716 Ocean Park Blvd., Suite 1040
Santa Monica, CA 90405
Attn: Team Wellness Coordinator

By fax

- Fax registration form with credit card payment to 310/314-7586 Attn: Team Wellness Coordinator.

By phone

- Call 310/314-2555 to complete the form and make CC payment via phone.

By email

- Email the completed registration form to info@twc-wla.org
...however we do not recommend sending credit card information via email. Email the registration form and we will call you to get your credit card number.

For more information contact:

The Wellness Community-West Los Angeles
2716 Ocean Park Blvd., Suite 1040 | Santa Monica, CA 90405
310/314-2555 | 310/314-7586 fax | ngarton@twc-wla.org | www.twc-wla.org

To Register:

Please fill out

'Team Wellness Registration Form' available online at

www.twc-wla.org

or contact us at

310/314-2555 or ngarton@twc-wla.org

to have it emailed or faxed to you.