

**BMO Vancouver Marathon
Vancouver, British Columbia
May 6, 2012**

The BMO Vancouver Marathon is one of Canada's largest and most beautiful marathons representing Vancouver's urban lifestyle and natural beauty.

- Distances: Half Marathon | Run & Walk
- Travel Dates: May 4-7, 2012
- Fundraising Goal: \$4,600 OR \$4,100 (No Air Fare Option)



**Tamarack Homes Ottawa Race Weekend
May 27, 2012**

Ottawa, Ontario

The journey starts before you even step on the starting line. It begins with setting goals, logging countless training hours and kilometers in rain, sun and snow. From coast to coast, training runs are mapped with one common destination: Canada's premiere race weekend; Tamarack Homes Ottawa Race Weekend. For every runner the journey is different and a journey worth making.

- Distances: Full Marathon & Half Marathon | Run & Walk
- Travel Dates: May 26 - 28
- Fundraising Goal: \$3,000 OR \$2,800 (No Train Travel Option)
- **OTTAWA RESIDENTS ONLY** Fundraising Goal: \$1,500 (Includes Coaching, Training Shirt, Race Entry, Race Day Shirt, Inspiration Dinner), \$1,200 (Special OTTAWA Alumni OFFER)



Dodge Rock 'n' Roll San Diego™ Marathon & 1/2 Marathon To Benefit The Leukemia & Lymphoma Society®

June 3, 2012

San Diego, California

Voted Best Race and Best Post-Race Party by Competitor Magazine. San Diego, known for its scenic coastline and laid-back lifestyle, has so much to offer participants both on and off the course! Live local and regional bands positioned along each mile of the race route and thousands of spirited cheerleaders.

- Distances: Full Marathon & Half Marathon | Run & Walk
- Travel Dates: June 1-4, 2012
- Fundraising Goal: \$4,000 OR \$3,500 (No Air Fare Option)



Team In Training Milestones

1. Recommitment Deadline for Vancouver - March 2, 2012 and for Ottawa and San Diego - March 30, 2012. By this date, if you have not raise your full minimum, we will ask you to secure your position on the team with a credit card, acknowledging that at the **fundraising deadline** you are responsible for your full fundraising minimum. You can also decide at this time to switch event or distances. Should you decide not to recommit, you will need to notify us that you will be dropping from the team.

2. Fundraising Deadline for Vancouver - April 6, 2012 and for Ottawa and San Diego - April 27, 2012. By this date, you need to submit the full fundraising minimum for your event or make a personal donation to make up the difference between what you have raised to date and your minimum.

3. Reimbursement date for Vancouver - June 6, 2012 and for Ottawa and San Diego - June 27, 2012. You still have one month after your event to fundraise and be eligible for reimbursement (amount charged to you at point 2).

Team In Training offers a great support in training and fundraising

You can rely on **your coaches** to become incredible athletes. They will follow you and guide you during each weekly group training sessions. They will provide you with informative weekly newsletters. They will teach you about nutrition, stretching, injury prevention, motivation etc... You will be in good hands!

You can count on **your dedicated mentor** who will be by your side every step of your fundraising campaign. Available for you, the mentors will help you create and develop a fundraising plan so that you reach your goal. Your success is guaranteed!

More questions? You can get all of them answered when you contact the **friendly Team In Training staff**. They will be there for you throughout this great adventure. Looking forward to meeting you soon!

www.teamintraining.ca