



TEAM IN TRAINING

THE LEUKEMIA & LYMPHOMA SOCIETY OF CANADA TEAM IN TRAINING FLEX

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Team In Training is a celebration of life, the human spirit, physical ability and endurance. This is a big and exciting challenge to take on and we are here to EVERY step of the way!



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 locations. 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 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 Flex, you will receive all the great benefits of the first and best charity endurance sports training program, but in an online format (including email and telephone communication) that allows you to take advantage of our great coaching and support on your terms.

**Together we train
for a world without Cancer.**

MEET YOUR COACHES – MARATHON RUN AND WALK



Theresa Hales and Ramona Gellel have each been running for 25-30 years, completed over 50 half or full marathons and have both achieved their levels one and two TNT coach certification. They have been a wonderful coaching team for our Canada National TNT Flex team the last several years, sharing their experience and dedication. Their skills enable them to coach both beginners and runners aiming for a personal best. **Ramona** is an elementary Physical Education teacher with a degree in Kinesiology and also teaches Yoga. **Theresa** is a busy mom with three children and is a part time manager of a local Running Room.

MEET YOUR COACH – HIKE

Carolyn Balling (cballing@pacbell.net) has been involved with TNT Hike since its inception in the fall of 2004. She has coached Hike and Marathon teams for TNT Flex and for the Greater San Francisco Bay Area Chapter. As a coach and an individual she's hiked all the trails available to TNT Hikers in the Grand Canyon. From 1999-2006 Carolyn coached over 1,000 TNT walkers across finish lines of half and full marathons, and has completed over 40 half marathons and 25 full marathons on her own. As the TNT National Hike Coach Advisor, Carolyn trains all new Hike coaches for LLS.

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 of Canada, raising awareness and engaging in vital community outreach.
- Make a difference in the lives of blood cancer patients and their families!

REGISTRATION FEE

- There is a \$100 registration fee which is not refundable or tax deductible, for the Team In Training Flex Program. But the amount paid will be included in your fundraising total.
- Once you register you will receive your donation forms and other information by email and your training shirt will be sent to you by Canada Post (only when full \$100 is paid).

FUNDRAISING POLICIES

- Each person who registers as a team member will be responsible for raising the fundraising minimum goal as set out below. Please feel free to enlist friends to help, but only one person per fundraising campaign is to receive the program benefits.
- When you first register you aren't 100% committed to raising the full amount yet. You can determine this at the Recommitment Date (see below). If you decide not to recommit, you will have no further financial obligation, but you will need to drop from the team and the coaching support at that time.
- We will ask you to recommit to the program on the Recommitment Date (about midway through the program). If all of the funds have not been raised by this day, we will ask you to secure your place on the team with a credit card to guarantee that you will reach your minimum by the final fundraising date.
- If you have not reached your fundraising minimum by the final fundraising date, your credit card will be charged the difference between the minimum fundraising goal and the amount of funds you have raised to date. This date is about 2-3 weeks before your event.
- But you still have up to a month after your event to continue fundraising. You will be reimbursed if donations come in during the month after your event which bring you to your minimum target.
- If you choose not to recommit, your registration and funds raised are non-refundable. They will go directly to The Society to continue our mission.
- Donations are not transferable to another event in a future season for any reason, except pregnancy, injury, illness, or military deployment. When you provide official confirmation

from your doctor or military commander, you may transfer your funds to another event offered by Canada TNT Flex within a year. Prior to recommitment, all funds less the registration fee will be carried forward. After recommitment, the amount will be all funds less registration fee and any non-refundable payments already made on your behalf (eg. flights, race registration).

OUR COMMITMENT TO YOU

- Round trip travel to your event destination*, 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 13-20 week 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 conference calls.
- Support and encouragement from the coaches, mentors, and staff during the fundraising and training.

**There may be two fundraising minimums for each event. If you choose the "no flight" option, you will be responsible for booking and paying for your airfare to your destination.*

Those team members who turn in the minimum fundraising amount by the established deadline will receive the following benefits:

- round trip airfare to the event destination (with flight fundraising benefit option)
- one to four nights accommodations (based on double occupancy i.e. half the room),**
- tickets to the exclusive TNT pasta and victory parties,
- your purple wicking TNT race shirt (tee-shirt or singlet),
- race day transportation
- the entry fee into the race, and
- support from TNT staff, coaches and supporters along the race route.

**** see event descriptions**

Note that you are welcome to extend the length of your trip (you are responsible for booking additional nights hotel at your own cost) and you can bring guests by paying the travel costs for their flight and their share of your room and the cost to purchase any additional party tickets.

**REGISTER FOR THE SUMMER EVENTS BY THE FOLLOWING DATES TO
TAKE FULL ADVANTAGE OF INTRODUCTION CONFERENCE CALLS**

**HIKE - JANUARY 23
MARATHON – JANUARY 30**



LEUKEMIA &
LYMPHOMA
SOCIETY
OF CANADA

TEAM IN
TRAINING

Summer 2012 Events

Grand Adventure: May 31-June 4, 2012, Havasupai Falls, Arizona

On this challenge you descend into one of the most beautiful landscapes in the world, into the heart of the Grand Canyon at Havasu Canyon. We will hike and explore this incredible landscape, crossing travertine pools of turquoise blue water, spending evenings at a permanent camp searching for stars, and having hearty meals and conversation about the day's challenge. This 3 day/2 night camping adventure takes you through the heart of the canyon and will leave you with a sense of accomplishment, awe and a true appreciation and love of the grandest place on earth.

Minimum Fundraising Targets:

Fundraising minimum: \$5900 with flight

Fundraising minimum: \$5400 without flight

Alumni receive a "Loyalty Discount" of \$250 deducted from the targets above



Flight costs covered are based on travel from major provincial airports. Participants will cover the cost of required connecting flights.

Travel Dates: Arrive in Phoenix, Arizona on May 30 and depart on June 4th
5 nights' accommodation and meals (3 nights hotel/2 nights camping)

Recommitment Date: March 30, 2012

Fundraising Deadline: May 10, 2012

Reimbursement Date: July 4, 2012

ADDITIONAL DETAILS OF ITINERARY

Since hikers must arrive in Phoenix by noon on Thursday, most will need to arrive on Wednesday and stay at the hotel on Wednesday night.

Trail Difficulty - Difficult – this 3 day adventure requires a 10 mile hike "in" one day one and a 10 mile hike "out" on day three with a moderately long hike day on day two. Hikers will carry a light day pack.

Thursday, May 31st: DRIVE FROM PHOENIX TO GRAND CANYON CAVERNS INN

Travel north through the Sonoran Desert and into the high elevation plateaus and red-rock canyons of north central Arizona. As we gain elevation, we will pass through 4 distinct biological life zones and your guides will discuss the natural history of each. We will travel across the Colorado Plateau to the Grand Canyon Caverns Inn. Here participants will enjoy an Inspiration Dinner on the patio as their guides brief them on the following morning's activities. Stay overnight at the Inn.

Friday, June 1st: DRIVE FROM GCCI TO HUALAPAI HILLTOP & DESCEND INTO THE BOTTOM OF THE GRAND CANYON

After an early breakfast, we will drive to the trailhead, which is perched on the edge of the canyon. It is called Hualapai Hilltop (pronounced "Walapai"). This is the only land travel access to Havasupai. Starting at 5,400 feet, the trail begins with switchbacks until we reach a dry streambed where the trail begins to level out. At no time are participants exposed to sheer cliffs and those with a fear of heights need not worry.

After a trailside lunch, the canyon walls seem to grow around you as you descend deeper into the labyrinth of red sandstone. At mile 8, the canyon begins to widen and the vegetation turns lush as you enter the village of Supai. Here at 3,200 feet, after a welcome rest stop, the Cottonwood-lined paths will lead you through the village and into the canyon's backcountry. An easy two-mile hike to our base camp will take you past NEW 75 ft. Falls 35 ft. Slide Falls and 100 ft. Havasu Falls. Stopping to swim beneath each is a must! As our hikers walk, the guides will discuss the cultural history, geology and unique biology of the canyon. Just down canyon from Havasu Falls, our private and exclusive base camp will be waiting for our group's arrival. Estimated arrival time is between 1 p.m. and 3 p.m. Participants will have free time to explore the area while their guides prepare dinner. Sleep under the stars or retire to your spacious tent for a peaceful night of slumber.
Hiking Distance: 10 miles

Saturday, June 2nd: ADVENTURE IN THE "GEM OF THE GRAND CANYON"

Awaken in our base camp, nestled along a stream, beneath towering cottonwood trees and adjacent to enormous waterfalls. Hikers will find fresh brewed coffee and a hearty breakfast waiting in the camp kitchen. Today, after breakfast participants may choose either a moderate hike or more difficult hike.

Tonight we will celebrate the day with drinks and appetizers followed by another wonderful meal while recounting the days exciting events

Hiking Distance: 4-10 miles

Sunday, June 3rd: ASCEND FROM PARADISE

Hikers enjoy a final breakfast at their Canyon Oasis before the hike to the rim. While always tiring, the exhilaration hikers feel after "conquering the canyon" will leave them with a sense of accomplishment no one can take away! Expect to arrive at the rim between 11 a.m. and 1p.m. today, arriving back to Phoenix between 5 and 7 p.m. to check into the Embassy Suites!. The perfect weekend ends with the Victory Celebration dinner to wrap up the weekend.

Hiking Distance: 10 miles

Monday, June 4th: Departure Day – participants may depart at their leisure

Hike Yosemite: June 16, 2012, Yosemite, CA

Yosemite is not just a great valley, but a shrine to human foresight, the strength of granite, the power of glaciers, the persistence of life, and the tranquility of the High Sierra. Yosemite National Park, one of the first wilderness parks in the United States, is best known for its waterfalls, but within its nearly 1,200 square miles, you can find deep valleys, grand meadows, ancient giant sequoias, a vast wilderness area, and much more.



Minimum Fundraising Targets:

Fundraising minimum: \$5400 with flight

Fundraising minimum: \$4000 without flight

Alumni receive a "Loyalty Discount" of \$250 deducted from the targets above

Flight costs covered are based on travel from major provincial airports. Participants will cover the cost of required connecting flights.

Travel Dates: Arrive on June 14th and depart on June 17th
3 nights' accommodation

Recommitment Date: April 5, 2012

Fundraising Deadline: May 24, 2012

Reimbursement Date: July 17, 2012

ADDITIONAL DETAILS

Hike Outfitter - Southern Yosemite Mountain Guides

Named one of the "Best Outfitters on the Planet" by National Geographic Adventure, Southern Yosemite Mountain Guides are the best when it comes to guiding in the High Country of the Central Sierra's. Ian Elman has put together a group of guides that not only loves all that Yosemite is about, but who also have a passion for what we do at Team In Training

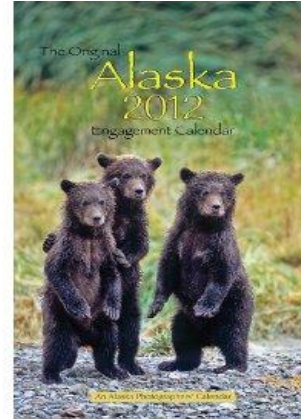
Trail Description

Half Dome (**VERY** limited numbers), Yosemite Falls, Panorama, Dewey Point and several other trails are offered at Yosemite. **Trail difficulty** ranges from easy to extremely difficult.

Hotel - Tenaya Lodge at Yosemite <http://www.tenayalodge.com>

**Mayor's Marathon and Half Marathon, presented by ConocoPhillips:
June 23rd 2012, Anchorage, Alaska
Run or walk , full or half marathon
www.mayorsmarathon.com**

The Marathon event begins at Bartlett High School and travels through the eastern foothills and across Anchorage to the West High School finish line. Scenic city bike trails, gravel, rocky, and paved roadways make up this gently rolling to extended downhill course. The Half Marathon (13.1 miles) course travels down West Northern Lights Boulevard. It then follows the Tony Knowles Coastal Trail past Earthquake Park and Point Woronzof until it finally turns around at mile 6.5. The last mile follows the marathon course to a shared finish line... Watch out for bears and moose!



Minimum Fundraising Targets:

Fundraising minimum: \$4900 with flight (BC/Yukon)
Fundraising minimum: \$5400 with flight (Ontario/Atlantic Provinces)
Fundraising minimum: \$4000 without flight

Alumni receive a "Loyalty Discount" of \$250 deducted from the targets above

Flight costs covered are based on travel from major provincial airports. Participants will cover the cost of required connecting flights.

Travel Dates: Check-in on June 21st and check-out on June 25th
4 nights' accommodation and activities

Recommitment Date: April 13, 2012

Fundraising Deadline: May 31, 2012

Reimbursement Date: June 30, 2012

Anchorage, Alaska, is a vibrant, eclectic metropolis with a frontier spirit, located in the heart of great Alaska wilderness.

Anchorage experiences are larger-than-life. From wildlife viewing opportunities right in the city to an abundance of outdoor adventures, your days will be filled with big wild memories to last a lifetime!

Get a virtual introduction to Anchorage from real-life Anchorage residents!

<http://www.GoAnchorage.net>

- Alaska Glaciers near Anchorage
 - Mountains Visible from Anchorage
 - Alaska wildlife near Anchorage
 - Chugach State Park folds into the foothills of East Anchorage.
 - Denali National Park & Preserve
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