



# TeamAIDasha 'Run for a Change 2009'



## Information Sheet

- Attend the information session on April 5<sup>th</sup> or checkout the slides at [www.teamaidasha.org](http://www.teamaidasha.org) to learn about the program. Email [info@teamaidasha.org](mailto:info@teamaidasha.org) if you have any questions
- Make sure you sign up to the TAA-BOS yahoo group as soon as possible to receive weekly emails on the training schedule and program updates.
  - To sign up, send an email to [TAA-BOS-subscribe@yahoogroups.com](mailto:TAA-BOS-subscribe@yahoogroups.com)
- First Group Run: Saturday, 11:00 AM, April 11, 2009 at MIT Student Center; group runs are normally on every Saturday morning in the Cambridge/Somerville/Arlington area. Check our web site often.
- Please bring your friends to the program to make this more fun for everybody. We accept new runners for the first few weeks of the program
- You can attend up to 3 weekend group training runs without any commitment. After the 3<sup>rd</sup> group run, you must register online and commit to the fundraising before you can continue with the program. Online registration will be available at [www.teamaidasha.org](http://www.teamaidasha.org) starting on April 19<sup>th</sup>
- Deadline for registration and commitment: May 31<sup>st</sup>, 2009
- Registration fees (\$200) is non-refundable, it will be counted towards your fundraising target
- Official target races are:
  - Chicago Marathon: Sunday, October 11 2009
  - Lowell, MA Bay State Marathon and Half-Marathon : Sunday, October 18, 2009
- Earlier registrations guarantee spots in the Chicago marathon
- Fundraising targets are:
  - Full Marathon : \$2620
  - Half Marathon: \$1500
- Please keep in mind that the registration is your commitment to train following the guidelines from the coach and meet or exceed the fundraising target for the selected category.
- Registered runners will be added to the private 'official training group' in Flotracker and direct email access to the coach for guidance and mentoring
  - Please note: Coach will not be able to provide personal training advice for unregistered runners
- Start your fundraising as soon as you finish the fundraising clinic. You will have the best results if you start early and try to reach the target \*before\* your race day. You can follow-up on any promises after the marathon as well. Deadline for reaching the fundraising goal is November 30<sup>th</sup>.
- Make sure to attend the weekend (normally Saturdays) group runs regularly and follow coach's advice on the shorter mid-week runs, stretching and other tips. You learn a lot by training with the team, don't try to do it on your own, especially if this is your first marathon/half-marathon
- We normally do not cancel the weekend training runs, except in case of extreme weather conditions. Plan on being at the run even if it is raining etc.
- Make sure you attend all the special clinics/events (shoe clinic, stretching clinic, fundraising clinic, social events) to ensure that you successfully the program. If you are unable to attend any of the events try to have a fellow runner collect the information for you.
- Travel expense for the marathon weekend in Chicago up to \$400 will be reimbursed if the runner submits the request along with the expense receipts (scanned/electronic files by email or web)
- Travel to the for the local races (Bay State Marathon/Half-marathon) is arranged by TAA volunteers
- TeamAIDasha is 100% volunteer driven program. We try to do our best to help you have the best experience. However, we are open to your suggestions for improvements. We also hope that you will join us as a volunteer some day to make the program better for everybody.