



## SAVING LIVES ONE MILE AT A TIME!

### About Team In Training

#### Hello MadfemmeprideLA!

Team In Training (TNT) invites you to become part of our Team! We are the world's largest endurance sports training program. For more than 20 years, over 360,000 people, from beginners to seasoned athletes, have trained with the Team to complete a full or half marathon, century bike ride, hike or triathlon. Train with us and help raise essential funds to benefit thousands of blood cancer patients and their families. You will be making a significant difference in your life and the lives of others!

#### Highlights:

- 4-6 months of professional training with certified coaches in a team/social environment
- Clinics on form and technique, race strategies, injury prevention, and nutrition
- Fundraising support including a free personal website, free postage and a variety of Team fundraising opportunities
- Travel, hotel accommodations, personalized jerseys, and race entry
- Train, travel, and socialize in a fun and supportive environment

**What better way to be social with your fellow grrls?**

### Here's a Selection of our Upcoming Events



**Honolulu Marathon**  
Honolulu, HI  
Run or walk: Full  
December 13, 2009



**P.F. Chang's Rock 'N' Roll  
Arizona Marathon & Half Marathon**  
Phoenix, AZ  
Run or Walk: Full and Half  
January 17, 2010



**Santa Barbara News Press  
Half Marathon**  
Santa Barbara, CA  
Run or walk: Half  
November 7, 2009



**Arrowhead Day at the Beach Triathlon**  
Hermosa Beach, CA  
Sprint Distance  
October 11, 2009



**Marin County Triathlon**  
Marin County, CA  
Olympic Distance  
November 1, 2009

**Register Today: 310.216.7600 [www.teamintraining.org/los](http://www.teamintraining.org/los)**