



Train together for the Carlsbad 5000 with Team in Training's LLS Express!!

What is TNT's LLS Express Training Program?

Team In Training (TNT) is the world's first, best and largest charity sports training program. For over 20 years, The Leukemia & Lymphoma Society's Team In Training program has been known for training people to achieve their best at marathons, half marathons, triathlons, 100-mile century bike rides and hike adventures.

Now through LLS Express, Team In Training offers you a chance to train for a shorter 5K distance at a local event with your co-workers or group! Train with certified coaches to walk or run while you help in the fight against cancer. And because the event distance is shorter, it takes less time to train and nearly everyone can participate, regardless of your current fitness level.

How Does It Work?

You will receive a customized 8-10 week training program, expert coaching and support every step of the way. You and your co-workers or group will have an opportunity to train together, have fun getting to know each other even better, collectively give back to the community and make a difference in the lives of cancer patients.

You'll receive:

- Group trainings with certified coaches
- Daily training calendars
- Clinics on everything from nutrition to gear
- A chance to connect with an Honored Teammate, someone who has been diagnosed with a blood cancer
- Personalized online fundraising page and support
- Organized social opportunities
- Free race entry
- Event T-shirt
- Opportunity to transition into a TNT ½ marathon event

And the greatest benefit of all is knowing that you'll be helping in the fight against blood cancers!

Why Join?

- You get a chance to fundraise for a great cause
- You get an opportunity to train as a group
- You receive personalized expert coaching
- You get to make fitness and good health a priority
- You get to participate together in a fun event

Start training soon for the following event:

- Carlsbad 5000
- 5K (3.1 miles)
- April 11, 2010
- After 25 years and 16 world records later, the Carlsbad 5000 is still the world premier 5K road race. With more fun ways to run and celebrate than ever, this is one birthday party you don't want to miss!
- Flat, fast and fun! This scenic course features two miles along the cool Pacific with an exciting finish in the heart of Carlsbad.



First training session is Saturday, February 6th, 2010 at 9am at The Leukemia & Lymphoma Society, 9150 Chesapeake Drive, Suite 100, San Diego, CA 92123.

Questions? Contact Jim Rider, Jim.Rider@lls.org or 858-427-6670.

The Leukemia & Lymphoma Society is the world's largest voluntary health organization dedicated to funding blood cancer research and providing education and patient services. Since its founding in 1949, LLS has invested more than \$600 million in research specifically targeting leukemia, lymphoma and myeloma. LLS also offers support groups, financial aid, co-pay assistance, information and advocacy programs for patients and their families.