



Want to get in shape for 2009?
Thought about walking or running a
half marathon?
Join **TEAM IN TRAINING** in **Staten**

The Lake Placid Half Marathon



Join us in STATEN ISLAND to learn more!

When: Saturday, February 14th @ 11:00am

Where: Richmondtown Library

200 Clarke Avenue @ Amboy Rd.

***FREE breakfast will be provided to all attendees!**

Team In Training® (TNT), the world's largest endurance sports training program, will prepare you to run or walk a full or half marathon, even if you have never run or walked a mile in your life – yes it's true! We cater to all levels, but 85% of our participant have never completed a half marathon before, so we can assure everyone that you will find someone at your level.

BENEFITS YOU RECEIVE:

- Comprehensive 4 month Training Program @ Clove Lake Park
- Certified Coaches
- Fundraising Support and Clinics
- Fitness, Gear, Injury Prevention & Nutrition Clinics
- Team Jersey
- Race Entry
- Transportation, Hotel Stay & Parties on Event Weekend
- Personal Satisfaction from Helping Patients Win their Battle Against Leukemia, Lymphoma and Myeloma

For Questions or to RSVP Contact Helena Silber: helena.silber@lls.org or 646-660-9016

**Can't attend but would like to set up a call or form a team? Contact Helena Silber
Want to learn more? Visit us at www.teamintraining.org/nyc**