

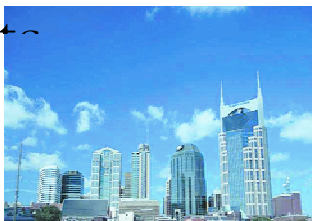


# Ever Thought About Running / Walking a Marathon or Completing a Triathlon?

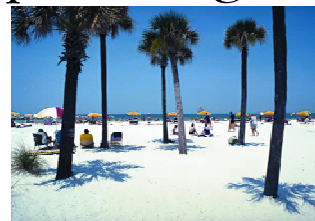
Join **TEAM IN TRAINING** in **Staten Island** for our upcoming



Rome Marathon  
Rome, Italy  
Run or Walk Full  
Marathon  
November 13, 2009



Country Music Marathon  
& 1/2 Marathon  
Nashville, TN  
Run or Walk: Full and  
Half  
April 25, 2009



St. Anthony's Triathlon  
St. Petersburg, FL  
Olympic Triathlon  
April 26, 2009



Avia Wildflower Triathlon  
Monterey County, CA  
Half Ironman, Olympic  
May 2-3, 2009



The New Jersey  
Marathon  
Long Branch, NJ  
Run or Walk: Full and  
Half  
May 16, 2009



Capital of Texas Triathlon  
Austin, TX  
Olympic Triathlon  
May 25, 2009

Team In Training® (TNT), the world's largest endurance sports training program, will prepare you to run or walk a full or half marathon or complete a triathlon. Participants will raise funds for The Leukemia & Lymphoma Society to support blood cancer research and patient services, in exchange for training, fundraising support, and travel accommodations for the event of their choice. Participants range from novices to seasoned athletes who want to get in shape, triumph over a challenge, and meet other motivated teammates.

#### THE BENEFITS:

- **Comprehensive 4-5 month Training Program**
- **Certified Coaches**
- **Fundraising Support and Clinics**
- **Fitness, Gear, Injury Prevention & Nutrition Clinics**
- **Team Jersey**
- **Race Entry Fees**
- **Airfare, Hotel Stay & Parties on Event Weekend**
- **Personal Satisfaction from Helping Patients Win their Battle Against Leukemia, Lymphoma and Myeloma**

#### Join us in STATEN ISLAND to learn more!

Saturday November 1<sup>st</sup>  
11:00am at Tottenville Branch  
Library  
Conference Room  
7430 Amboy Road

Saturday November 8<sup>th</sup> @ 11:00am  
**OR**  
Thursday, November 13<sup>th</sup> @ 8:15pm  
College of Staten Island  
2<sup>nd</sup> floor, Athletic Conference  
2800 Victory Boulevard

Saturday November 15<sup>th</sup>  
11:00am at West New Brighton  
Library  
976 Castleton Avenue  
(at North Burgher Avenue)

RSVP: [helena.silber@lls.org](mailto:helena.silber@lls.org) or 646-660-9016

Can't attend but want to learn more? Visit us at [www.teamintraining.org/nyc](http://www.teamintraining.org/nyc)