



2008 GILDA'S GANG

IF YOU WANT TO DO A MARATHON...

As part of your training, weekly walks/runs will be planned and implemented by the fitness specialists from **Fleet Feet and Gilda's Club**. You'll receive coaching and a planned 16-week program that will prepare you for the Rochester Marathon or half-marathon taking place on September 13, 2009.

If you are a cancer survivor, you will need to be evaluated by your physician to be in proper health for participation in the training program.

Gilda's Gang Informational Sessions—this is your chance to talk to the trainers and past participants about what Gilda's Gang is all about!

Thursday, May 14 at 5:30

Tuesday, May 19 at 5:30

Thursday May 21 at noon

Wednesday, May 27 at 5:30

Please call ahead to let us know if you plan to attend any of the above sessions: 585-423-9700.

...WE HAVE A TRAINING PROGRAM FOR YOU!

Non-Profit Org.
U.S. Postage
Rochester, NY
Permit No. 1523

GILDA'S CLUB ROCHESTER

255 Alexander Street
Rochester, N.Y. 14607

RETURN SERVICE REQUESTED



GILDA'S GANG WALK OR RUN MARATHON TRAINING PROGRAM

Official 16-week Training
Begins May 30, 2009

ROCHESTER MARATHON

Half-marathon or 4-person relay
September 13, 2009



GILDA'S GANG

TRAINING TO WALK OR RUN THE ROCHESTER MARATHON!

Gilda's Club Rochester is organizing this special opportunity with coaching provided by professionals: you'll **participate in a 16-week training program** planned and implemented by the fitness specialists from Fleet Feet and Gilda's Club. As part of the Gang, you will share your training experience with others; it'll be fun, challenging, and most of all, an opportunity to grow in mind, body and spirit.

Gilda's Gang will walk/run the Rochester Marathon on September 13, 2009. This is your chance to train with specialists, learn how to live a more healthy lifestyle, and be part of something very special. Participation in this training experience will include: a safe, fun environment, a chance to meet new friends and a way to **support the mission of Gilda's Club Rochester.**

To join the Gang, we ask that you commit to raising a minimum of \$500. Take a look at the levels of participation on the following page and **choose how much you want to pledge.** Upon entry, we will provide you with a packet that will include your Pledge Form and sample letters you can use to help raise your pledge amount. There is also a new and easy online tool you can use to raise money. Family members, friends, co-workers and neighbors are all good prospects for helping you meet your pledge commitment. All the money raised through your pledges goes to support the free programming provided by Gilda's Club Rochester to all those in our community touched by cancer.

COME ON, JOIN THE GANG!

LEVELS OF PARTICIPATION

ONE OF THE GANG *pledge to raise \$500*

16 week Training Program includes:

- Training Coach
- Post Party with the Gang
- Weekly Yoga class
- Gilda's Gang Team t-shirt and hat

GANG MEMBER *pledge to raise \$1000*

Includes all of the above, plus

- \$50 Restaurant Certificate
- Gilda's Club fleece
- 4-month membership to YMCA*

GANG BUSTERS *pledge to raise \$1500*

Includes all of the above, plus

- Free Pair of Running Shoes
- Runner's Watch/Heartrate Monitor or iPod shuffle

GANG SUPPORTER

Sorry, I can't participate, but want to support the Gang. Enclosed is my tax-deductible gift of: \$ _____.

OUR SPONSORS



L I V E S T R O N G™ *at the* YMCA

Participants who raise \$1000 will receive facility access to the Rochester YMCA's to enhance their marathon training. There will be specific training and various opportunities for members participating at this level to get a broad spectrum of service focused on helping them meet their individual goals.

Gilda's Club Rochester is a 501 (c) 3 corporation — your gift is tax deductible to the full extent of the law.

Please call us at **585.423.9700** if you have any questions or for more information.

www.GildasClubRochester.org

GILDA'S GANG ENTRY FORM

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Please include your email address! Your training coach will send your weekly training schedule as well as other key information via email unless otherwise specified.

Email: _____

I am interested in (check one): walking running
in the (check one): marathon half-marathon

Please indicate your level of participation

_____ **ONE OF THE GANG**

_____ **GANG MEMBER**

_____ **GANG BUSTERS**

_____ **GANG SUPPORTER**

Enclosed is my tax-deductible gift of: \$ _____.

Please mail, fax, or register online

mail: **GILDA'S CLUB ROCHESTER**

255 Alexander Street Rochester, N.Y. 14607

fax: 585.423.9072

Online: www.GildasClubRochester.org

Entry into the Gilda's Gang Training Program does not automatically enter you in the Rochester marathon. Please go to www.rochestermarathon.com and register if you plan to participate in the marathon.

"The same way people in gangs can do things that the individual could never do alone, the gang of us fighting cancer makes us all stronger." —Gilda Radner