

## Fast Facts



**WHAT:** Since its inception in 1988, when a team of 38 runners trained together for the New York City Marathon and raised \$320,000, The Leukemia & Lymphoma Society's Team In Training<sup>®</sup> program (TNT), has prepared more than 390,000 people—approximately 40,000 participants annually—to achieve their dream of completing a marathon, half marathon, triathlon, 100-mile (century) bicycle ride or hike adventure. And, in that time, TNT participants have raised over \$950 million to support blood cancer research and patient services. The enormous success of this program has helped make possible advances in blood cancer therapies and treatments that have prolonged and enhanced the lives of hundreds of thousands of patients.

**WHO:** Team In Training has had a tremendous impact on the growth in endurance sports, and in particular, the explosion of women's participation. Overall, 73 percent of TNT participants are women, with an average age of 32.

Participants come from all walks of life—from novice to seasoned athlete. The reasons cited most often for joining the program are: the opportunity to meet new people and have fun as part of a supportive team; and the cause, raising money to help find cures and improve the quality of life for patients and their families. Taking on a personal challenge, accomplishing a goal and getting fit are also aspects that attract people to the program. Many participants dedicate their time and energy in honor of a friend or loved one who has had blood cancer. Still others are themselves cancer survivors who want to prove that they have the physical and mental stamina to finish a 26.2-mile marathon, 13.1-mile half marathon, 100-mile century ride, a triathlon or a hike adventure.

Local blood cancer patients, known as honored teammates, cheer participants along from training to event weekend. TNT participants often say their greatest inspiration and motivation come from their honored teammates, who themselves face even greater challenges in their battles against cancer.

**WHY:** To help fund research to find new treatments and cures for leukemia, lymphoma and myeloma, and provide critical education and support to patients and families battling these cancers.

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**HOW:** In exchange for raising funds, participants receive: four to five months of personalized fitness training by certified coaches, a supportive group of teammates, and lodging and airfare to the event of their choice. Participants also receive tools and support to attain their fundraising goals, including a personalized fundraising web page. Participants can choose from more than 60 accredited events in the United States and abroad, including: The Nike Women's Marathon: A race to benefit The Leukemia & Lymphoma Society, in San Francisco; Women's Running Magazine Women's Half Marathon & 5K to Benefit The Leukemia & Lymphoma Society in St. Petersburg, FL.; the Rock 'n' Roll Marathon® in San Diego, CA; Bank of America Chicago Marathon; Marine Corps Marathon in Washington D.C.; the Honolulu Marathon®; St. Anthony's Triathlon in St. Petersburg, FL.; The Nation's Triathlon to benefit The Leukemia & Lymphoma Society; America's Most Beautiful Bike Ride in Lake Tahoe, NV; Yosemite National Park hike; the Grand Canyon hike; and many others.

**SPONSORS:**

Team In Training's 2009 presenting sponsors are Nike and *Runner's World*. Nissan is an associate sponsor and Power Bar and Schwinn are supporting sponsors.

**TO REGISTER:**

Call (800) 482-TEAM or visit [www.teamintraining.org](http://www.teamintraining.org).

**ABOUT THE LEUKEMIA & LYMPHOMA SOCIETY:**

The Leukemia & Lymphoma Society® (LLS) is the world's largest voluntary health agency dedicated to blood cancer. The LLS mission: Cure leukemia, lymphoma, Hodgkin's disease and myeloma, and improve the quality of life of patients and their families. LLS funds lifesaving blood cancer research around the world and provides free information and support services.

Founded in 1949 and headquartered in White Plains, NY, LLS has chapters throughout the United States and Canada. To learn more, visit [www.LLS.org](http://www.LLS.org) or contact the Information Resource Center at (800) 955-4572, Monday through Friday, 9 a.m. to 6 p.m. ET. [www.lls.org](http://www.lls.org).

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