Team Ann’s Hope - Milwaukee Lakefront Marathon, October 7th, 2012

We invite you to become part of the Team Ann’s Hope and run the Milwaukee Lakefront Marathon with us! Running has always been at the core of Ann's Hope fundraising and we continue to emphasize fitness and the use of our running community to spread the word on the dangers of this deadly disease. There is no greater privilege and meaningful way to complete a marathon than for the purpose of something greater than ourselves.

Why train for and run a marathon for Ann’s Hope Foundation and melanoma cancer? This is an opportunity for you to be part of something bigger than yourself. You will be part of funding a clinical trial for melanoma cancer so that others will have a fighting chance. We will train TOGETHER, we will work TOGETHER and will fight melanoma cancer TOGETHER! We are stronger in a group than we are as individuals... this goes for training for and completing a marathon as it does for fighting cancer! TOGETHER we can and will make a difference. TOGETHER we can make what seems impossible, possible.

Team Ann's Hope will include a united group of dynamic individuals whose goal is to raise funds to fight against melanoma, the deadly disease that more than 70,000 American's are diagnosed with every year, with one person dying every hour. The presence of our team at the Lakefront Marathon will bring increased awareness to our community of melanoma and skin cancer and further our cause to educate the public on prevention strategies, treatment options, and hope for those who have suffered from this disease. In fact, marathon runners present with an increased risk for malignant melanoma and non-melanoma skin cancer. This is our opportunity to educate others to reduce UV exposure during exercising by choosing training and competition schedules with low sun exposure, wearing adequate clothing, and regularly using water-resistant sunscreen.

GOALS for TEAM ANN'S HOPE:

• Recruit a minimum of 50 team members to run the Milwaukee Lakefront Marathon, October 7th, 2012. The team members will be fundraising $1,000 each for Ann's Hope Foundation for melanoma research. Registration will be included. All levels of runners are encouraged to join. We would like to particularly welcome first time runners to our team as we will be offering a mentorship program to make sure that everyone crosses the finish line! Ann's Hope Committee/Board Members will recruit, train and help the "Ann's Hope Team" complete the marathon.

- Ann's Hope Foundation will educate the local running community about the dangers of melanoma cancer and about the increased risks of skin cancer for runners. Runners will learn how they can protect themselves to prevent skin cancer.

BENEFITS as a member of TEAM ANN'S HOPE:

Training plans from beginner to expert will be provided for the runners as well as motivational materials and talks, nutritional information, team/group runs, educational opportunities on shoes, clothing and more.

- Supported team runs are planned for all runners. We plan to affiliate with Badgerland Striders for several long runs during the summer, these runs typically take place along the Milwaukee Lakefront on Saturday mornings.
- Group runs through Fleet Feet in Brookfield
- Group runs from Movement on the Lake in Pewaukee
- Other scheduled mentor / team runs
- EACH runner will have a designated mentor who will help them with their training.
- Discounts on shoes and apparel at Fleet Feet Brookfield and all In Step Running Shoe Stores throughout the training period.
- Shoe and running clinics with individual consultation on your running style.
- Weekly speed work through In Step Running Store.
- Core and strength pilate's classes and education through Movement on the Lake.
- All nutritional supplements provided for your training runs through Fleet Feet.
- Team uniform for the marathon, hat and an SPF long sleeve shirt for training runs.
- Sunscreen!
- Shuttle service to start of marathon
- Bag drop service for our team at start - will be waiting for you at the finish
- Team finish gathering area.