



TEAM HDSA-Run For A Cure Overview/FAQ's

- **What is HDSA?**

HDSA stands for 'Huntington's Disease Society of America'. Huntington's Disease Society of America (HDSA) is a national non-profit organization dedicated to finding a cure for Huntington's Disease (HD) while providing support and services for those living with HD and their families.

- **What is Huntington's Disease?**

Huntington's Disease is a devastating, hereditary, degenerative brain disorder for which there is, at present, no effective treatment or cure. HD slowly diminishes the affected individual's ability to walk, think, talk and reason. Eventually, the person with HD becomes totally dependent upon others for his or her care. Huntington's Disease profoundly affects the lives of entire families -- emotionally, socially and economically.

- **Why should I join TEAM HDSA-Run For a Cure?**

The more relevant question here is why should you not join! In all seriousness, TEAM HDSA-Run For a Cure is a fantastic way to get into shape (or enhance your current fitness level), keep your stress level LOW, and contribute to the fight against Huntington's Disease.

- **I'm not a runner or an athlete....how can you possibly get me in shape to run 13.1 or 7.2 miles?**

Great question. The 12 week training schedule is designed to accommodate for all levels of experience/ability. The philosophy behind the training schedule is one your coach has employed numerous times with a near 99% success rate.

If it's your first time training for a half marathon or 12K, no problem! If you are a more seasoned runner, we have workouts that will work for you as well!

- **What do I get for raising \$700 or \$1300 for TEAM HDSA-Run For a Cure ?**

You GET the opportunity to contribute to an excellent cause.

Above and beyond this, you get the aforementioned comprehensive training schedule, one weekly professionally coached run workout, clinics/seminars from industry leaders, a technical running shirt, your own personalized fundraising webpage, reimbursed event registration (upon meeting the fundraising minimum), discounts at local sporting good stores, and ongoing support from your coach (Marathon Matt).

- How the heck can I raise \$700 or \$1300!?!? (HINT-See the Fundraising 'Quick Hits' document!)

\$700 or \$1300 may 'seem' like a lot, but if you think about it you can actually raise most of this money without too much effort.

#1-Send an email to all your friends, family, colleagues, acquaintances, etc. Tell them what you are doing and provide them a direct link to your fundraising webpage where they can make contributions. Assuming this email is received by 100 people and each person donates an average of \$10/piece, that's almost \$1000!

#2-Most companies/corporations do some kind of dollar/gift matching. Explore this possibility (or some other form of sponsorship) with your manager and/or your human resources department.

#3-Throw a simple dinner party inviting as many people as you like and request that all who attend drop \$20 in your 'TEAM HDSA-Run For a Cure' donation bowl. Better yet, request \$15 per course. If you have a salad, entrée, and dessert, that's a decent chunk of change!

With these 3 simple strategies, you should be able to raise most (if not all) of the money you need. Additionally, your coach and program rep. will provide tips/advice/support throughout the duration of the program.

- When is my \$700 or \$1300 due?

Ultimately, you **MUST** have the full amount (**\$600 or \$1300**) raised by **Monday, October 29 (roughly a week before the half marathon)**. If the full amount is not raised by this date, you may choose to make a donation to reach the minimum (**\$700 or \$1300**) or choose not to participate. **All contributions processed by HDSA are non-refundable.** There are two other dates to be aware of as well:

Monday, September 3 is the \$200 checkpoint date for 12K runners and the \$400 checkpoint date for half marathoners. Ideally, you should have \$200 or \$400 raised by this date and we will be following up with you at this point to see how your fundraising is going.

Monday, October 1 is the \$400 checkpoint date for 12K runners and the \$900 checkpoint date for half marathoners. Ideally, you should have \$400 or \$900 raised by this date and we will be following up with you at this point to see how your fundraising is going.

- Where do my fundraising dollars go?

Your fundraising dollars go directly to HDSA of Northern California.

- OK! I'm ready to go! How do I sign up?

REGISTER ONLINE AT:

http://www.active.com/event_detail.cfm?event_id=1456180

OR

Download a copy of the 'TEAM HDSA REGISTRATION' document:

http://www.hdsanortherncalifornia.org/files/Team_HDSA_Registration.pdf

and fill out all the required information. Once you fill out the required paperwork, send the registration form to the following address:

**TEAM HDSA
P.O. BOX 590355
SAN FRANCISCO, CA. 94159-0355**

Upon receipt and processing of your registration documentation, we will provide you with a fundraising strategy workbook and instructions on how to set up your fundraising page! You can start raising money immediately!

However, **training does not officially start until Saturday, Aug.11 @ 3:00PM at the Marina Green monkey bars @ Marina/Webster**

We're so happy to have you on board!

IF YOU HAVE ADDITIONAL TRAINING QUESTIONS/CONCERNS, CONTACT MATT-MARATHONMATT@MARATHONMATT.COM