



Team HDSA-Run For A Cure

Dear prospective runner,

Are you looking for an opportunity to contribute to the fight against Huntington's Disease, get into amazing shape, AND have an amazing experience in the process? Join **Team HDSA-Run For a Cure!**

Team HDSA-Run For a Cure is a unique half marathon/12K endurance training and fundraising program that benefits HDSA of Northern California!

In signing up with **Team HDSA-Run For a Cure**, you are committing to training for a half marathon or 12K, The US Half Marathon or 12K taking place on **11/4/2007 in San Francisco** AND raising \$100 per mile during the course of your training, a total of \$1300 or \$700, respectively. **Training officially starts on Saturday, Aug.11 @ 3PM at the Marina Green monkey bar area (Marina/Webster) in San Francisco.** As a participant you receive the following:

- One weekly professionally coached run workout
- A comprehensive training schedule
- Clinics/seminars from industry leaders
- A technical running shirt
- Your own personalized fundraising webpage
- A fundraising strategy workbook
- Ongoing training/fundraising support from your coach, 'Marathon Matt'.
- Much More!

The money you raise goes directly to HDSA of Northern California. By signing up with **Team HDSA-Run For a Cure**, you are not only training for a half marathon or 12K, you are contributing to the fight against HD!

While we'd love to have you sign up with us right away, we completely understand the need to think things over before committing.

Feel free to take the attached documents with you as you mull things over. That being said, we ideally need your registration paperwork (see attached 'registration document') by **Friday, Aug.9, 2007** in order to guarantee your spot in the program.

OR you can **register online at:**

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

If you'd like to learn more about **Team HDSA**, check out the **Team HDSA webpage at:**

<http://www.hdsanortherncalifornia.org/TEAMHDSARun.html>

Additionally, feel free to email 'Marathon' Matt- MarathonMatt@MarathonMatt.com if you have additional questions/concerns or simply call me directly-**415-572-4437!**

We look forward to seeing you on Saturday, Aug.11 @ 3PM at the Marina Green monkey bars @ the intersection of Marina/Webster!