



## FEET FOR FED Marathon Training Program Guidelines

The purpose of the Foundation to Eradicate Duchenne's Marathon Training Program is to raise funds for research for Duchenne Muscular Dystrophy and to assist our participants in achieving their training and fundraising goals. Our mission is to provide a safe, enjoyable, and rewarding experience for all our participants while also minimizing expenses, ensuring a high degree of cost-efficiency. The following guidelines have been developed to allow us to meet these high standards of training and cost-efficient fundraising.

We ask each of our participants to make the following commitment:

**1. Complete all forms.**

If you have any questions, please e-mail Max McCool at [mmccool@epiphanyproductions.com](mailto:mmccool@epiphanyproductions.com) or call (703) 683-7500.

**2. Follow the minimum training requirements.**

The training program consists of two short runs of 30 – 45 minutes per week on your own and longer group runs on the weekend. We also strongly encourage you to do some form of cross training twice a week. As with any exercise regimen, **consult your personal physician before beginning the training program.**

**3. Purchase and use a water bottle.**

Participants must carry a water bottle on all training runs. Keeping yourself properly hydrated is crucial, especially when running long distances. We will have water stops about every three miles to refill your bottle. Drink sufficient water to replace fluids lost to sweat. You must bring a water bottle by the third week of training in order to participate.

**4. Educate yourself about Hyponatremia.**

In addition to staying properly hydrated, it is essential that you maintain adequate sodium levels. Hyponatremia results from a lack of sodium in the bloodstream and over consumption of fluids. Women and other runners out on a course for more than four hours are at greater risk. To prevent this condition, do not over consume fluids. Drink just enough to replace lost fluids. Before a run, include pretzels or a salted bagel in your pre-run meal. Consume pretzels or other salty snacks during and immediately after each long run.

**5. Stay with your pace group throughout the group run.**

Pace group members not only give encouragement to one another, they also provide an important safety link by watching out for heat-related health problems. Please follow the advice of our coaching staff regarding the course each week. For the safety of all runners, guests are not permitted to participate in group runs.

**6. Raise the minimum fundraising amount by the deadline.**

The fundraising deadline is October 1, 2010. In the event that you don't reach the \$1,000.00 minimum commitment by October 1, 2010, your options are:

- Use a credit card to make a deferred commitment to cover the remaining amount. Your card will not be charged for at least 30 days after the run, during which time you can continue to fundraise. If you don't reach the minimum in that time, your credit card will be charged for the remaining amount.
- Choose not to participate (and we hope you won't pick this one!). The money that you're raised will still benefit FED and you will not be responsible for additional funds to meet the minimum.

**NOTE: Once funds have been received, they cannot be transferred from one participant to another.**

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

NAME: \_\_\_\_\_