

# CORPORATE CHALLENGE

## Training For Children – FAQ's

### **So, just how long is a Marathon?**

By the time you go through your training and become a seasoned runner, the 26.2 miles will seem like no sweat! Ok, if that seems a bit much, then you can participate in the half marathon. It's only a mere 13.1 miles. You can work your way up to participate in the full marathon for the next year.

### **What will the money I raise benefit?**

The dollars raised through Training for Children will be used to support the Bone Marrow Transplant unit at *Florida Hospital for Children*.

### **How do I raise the money?**

View the "Raise Money Like a Pro" link. It leads you step-by-step through a plan to raise \$750. The Florida Hospital Foundation will also provide you with tips and methods for raising money. The key is to remember that you are not asking money for you, you are asking people to give money to help the children of our community.

### **What if I don't raise the entire amount?**

First, we are confident that anyone who follows the "Raise Money Like a Pro" guidelines will raise – and most likely exceed – their fundraising goal. Once you reach your \$750 goal your entry will be submitted by the Florida Hospital Foundation directly to the event organizers and you will become officially registered!

### **Are the funds that my supporters and I donate tax deductible?**

Yes! You will receive a tax receipt that recognizes your generous contribution.

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## **How will I train?**

1. Train on your own. Experienced runners may choose to train using plans and schedules they have used in the past. These runners have a comfort level with their abilities and are confident in their plans
2. Train with FREE plans from Active.com. When you sign up to participate in Training for Children you will receive a special product code good for the redemption of one of many training plans available on Active.com. Plans are available for first-time runners to those wanting to set a new personal record. These plans are detailed, giving athletes a specific plan for success.
3. Train with Track Shack – Athletes beginning the program on October 3 (or very soon thereafter) will be able to train with Track Shack’s Galloway Training program. This program is designed for participants who have little or no running experience. You will be placed on a support/running team, and will be given detailed training plans to help you on your journey of training for children. Specific training times with athletes of similar abilities is the key to this program. It is very well suited for first-time runners.
4. Run with a group. Running and support groups can be created, which include members who have signed up to be part of Training for Children. As more members sign on, we can create organized run groups led by our team captains. Contact Eddie Braga at 407-303-9585 or [eddie.braga@flhosp.org](mailto:eddie.braga@flhosp.org) if you are interested in joining a group.

## **What is included in my commitment to raise \$750 for the Training for Children program?**

When you commit to raise \$750 for the Florida Hospital Foundation you will receive:

1. Entry to the Disney Marathon or Half Marathon
2. The ability to create your unique personalized website to post information and track your fundraising efforts
3. Well-developed and specific training plans from Track Shack, the Orlando leader in running shoes and clothing, or from Active.com.
4. One “technical” running shirt
5. 15% discount for shoes at Track Shack
6. Post-race celebration party.
7. All of the fun gear and offerings from Walt Disney world included in each race
8. The satisfaction of knowing you helped to save the life of a child

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## **Who can I contact for more information?**

For more information about any of the races or the Training for Children program, please contact Caitlin Schneider at 407-303-9590 or email [caitlin.schneider@flhosp.org](mailto:caitlin.schneider@flhosp.org). To learn more about the Florida Hospital Foundation, visit [www.floridahospitalfoundation.org](http://www.floridahospitalfoundation.org).

## **What is the “re-commitment” date?**

The re-commitment date is Monday, December 6, which is 5 weeks from the event date. All participants who have raised their goal will be submitted to the event organizers to become officially registered in either the Marathon or Half Marathon. For participants who have not quite reached their fundraising goal, this is their opportunity to show their full commitment by personally contributing the funds needed to reach their goal. In that case we will ask for your credit card information with the understanding that your card will be charged the amount required to reach your goal on Monday, January 3. Some participants may want to continue fundraising through December, which is perfectly fine. You can raise funds up to the week before the event.

As an example, if you have raised \$650 by December 6 you will submit your credit card info with the understanding that you will be charged \$100 on Monday, January 3 so you can reach your goal. If during the month of December you raise \$50 your credit card will be charged only \$50 on January 3. Of course, if you raise \$100 in December your card will not be charged at all.