

Welcome to My Perfect Marathon! You have taken the first and biggest step to achieving your goal: you **COMMITTED** and registered!

Next steps:



Set a fundraising goal. Raising \$500 or more secures a spot on our endurance team to run a future Marine Corps Marathon with our team, plus you receive the entire runner and cheer swag kit.



Customize your fundraising page with photo and text about **WHY** you have decided to run a half or full marathon. Why is raising funds for lung cancer patients and their loved ones important to you? Click **here** for valuable resources, including directions and a tutorial on using your fundraising headquarters.



Share your fundraising page via email, social media and text to ask others to support you. Use #MyPerfectMarathon and #BeatLungCancer and tag @go2foundation in posts



Ask a friend or family member to support you by serving as your Cheer Squad Captain.

Think of them as your main support person during planning and on the ground for event day. You can let them know where along the course you anticipate needing water or nutrition. They will also work to fulfill your wish list for whatever you have dreamed up to make My Perfect Marathon truly your own. (And maybe add a few surprises of their own along the way) Cheer Squad Captains will have their own group and calls as well, so you can just focus on training and fundraising!

PLAN YOUR PERFECT LENGTH AND COURSE

10K, ½ marathon, full marathon? Flat or hilly, shade or sunny, favorite landmarks along the way? Water, nutrition, coffee, ice cream stops? There is no right or wrong way to create a course. You also don't have to run it – you could walk, run, skip for different miles. You can break up the course over several days. YOU get to decide and have fun!!

Please adhere to all local and state CDC guidelines related to CoVid-19

Course planning resources:

MapMyRun.com
MapMyWalk.com

Free Training resources courtesy of Hal Higdon (<https://www.halhigdon.com>)

- 10K
- Half Marathon
- Full Marathon

Get inspired and connect with the rest of the My Perfect Marathon athletes on our regular calls. Hear what they have planned and how their training is progressing.

Step by Step, we will reclaim 2020, support the lung cancer community and have fun doing it!!

