

CHEER SQUAD

Step by Step toward My Perfect Marathon

Thank you for stepping up to support your *My Perfect Marathon* athlete!

They have committed to training for and planning a race that is perfect for them, and you will be key to helping make that happen. But you won't be alone!

We offer individual and group calls to assist with planning and resources to help guide and inspire you!!

Some athletes will want no bells and whistles, maybe just a water stop or two and a (socially distanced) high five at the finish line. Others will be delighted at the prospect of perhaps a chocolate stop, or surprise supporters popping up along the route on race day.

Your role is to understand from your athlete what they want and make it happen. Some ideas include:

PRE-EVENT:

- Talk with your athlete about when they typically need water, electrolytes or other nutritional support
- What would they ideally LOVE to have along the route: chocolate, bubbles, live music, wet sponges, a sprinkler? The options are endless!!
- Map out stops and secure supplies (we supply pom poms, finish line streamers, signage and other goodies when your athlete raises \$500 or more!)
- Recruit others to help join in the fun and cheer along the route*
- Support their fundraising efforts by sharing their fundraising page with your network
- Create inspirational and funny course signs
- Place signage or chalked messages prior to the event

RACE DAY:

- Be there at the start line to give them a heroic send off
- Provide hydration and nutrition support with a smile
- Take pictures and video throughout the day and post to social media using #MyPerfectMarathon and #BeatLungCancer Tag @go2foundation
- Set up the finish line and be there to celebrate their success

The goal is to make your athlete feel supported and special as they take on this challenge.... and, of course, make it fun!!!



Questions? Email Susan at ssmedley@go2foundation.org

*Please adhere to all local CDC guidelines regarding CoVid-19

