



Dear Future Participant:

Thank you for your interest in the Touched By Cancer Foundation and the Rock 'n' Roll Seattle Marathon! Below is a summary of the upcoming Runners In Touch Team and your role in raising funds for the Foundation.

Fundraising, Registration and Seminar

Fundraising Goal		\$3500.00 per participant
✓	Half Way Point	April 15, 2009
✓	Final Fundraising	June 13, 2009

Registration Deadline	January 10, 2009
Fitness, Nutrition and Fundraising Seminar	January 17, 2009
✓	Location To Be Determined

Training

Training Schedule Starts	January 19, 2009
First Team Training Session	January 24, 2009
✓	Saturdays at 6 am or 7 am

Travel Dates

Depart Kansas City	June 25, 2009
Depart Seattle	June 28, 2009

What does each participant receive?

1. Registration for the full marathon
2. Round-trip airfare on the group flight to Seattle, WA
3. 3-Night stay at the designated hotel
 - ✓ 2 participants per room (double-occupancy)
4. Pre-Race Meeting (with breakfast) and Celebration Dinner
5. Race Day singlet/technical T-shirt
6. Participant Handbook and Fundraising Support
7. Personal coaching from Coach Karl and Paula Keltner

Questions and Inquiries

Jill Lawlor, Executive Director, Touched By Cancer Foundation

jlawlor@touchedbycancerfoundation.org

816-505-0040

Koach Karl, Runners In Touch Endurance Team and TBCF Board Member

pkkeltner@kc.rr.com

816-935-8953



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FOUNDATION