



The Colette A. Miles Foundation
Friends for Courage

Ordinary People Doing Something Extraordinary



THANK YOU and Congratulations on taking the first step to bettering yourself mentally, emotionally and, most of all, physically, by signing on as one of TCAMF (The Colette A. Miles Foundation) 2017 Charity Runners! It is because of people like you that we will be able to fulfill our mission of **“Providing comfort and support to those battling cancer!”**

The Colette A. Miles Foundation was founded in February, 2012, just a year after my dear friend Colette lost her battle to breast cancer. I was blessed to have been one of the people to help her during her battle. I cherish those months more than I ever imagined. Cancer is a horrible nightmare that no one should have to face alone. Colette, never gave up hope and through it all remained positive. The strength of her friends and family helped Colette through this horrible time. That is why we decided to start this foundation, to celebrate Colette’s life, to keep our memory of her alive and to focus on providing comfort and support to cancer patients and their families as they fight to win their battle.

The money you raise will bring us one step closer to our mission. We have partnered with the Fox Valley Food For Health & LivingWell Cancer Resource Center in an effort to provide a “positive distraction” for cancer patients and their families. We will help fund programs and provide a variety of comfort services that are intended to not only bring comfort, but also inspire courage and arm the patient, and their family, with knowledge for fighting to win their battle. In addition, the money you raise will also be used to provide additional assistance to those individual cancer patients that may have specific needs outside of the hospital.

Being a TCAMF runner enables you to be an ambassador for our foundation and as such, we ask each of you to reach out to anyone you know or hear about, who has been newly diagnosed with cancer or is currently fighting their battle, by sharing our mission with them. If they have any questions or need our support, you can refer them to me.

We have the passion, experience and good fortune to be able to run. Get ready to train, be prepared to have some fun while doing it and know that when you cross the finish line you’ll be proud that you’re running so that others who can’t right now, might actually have the opportunity to run alongside you in the future, when they’ve successfully completed the journey back to good health.

Let the training begin....

Thank you in advance for your support!

Irene Eby
President



The Colette A. Miles Foundation
Friends for Courage

Mark your Calendar!

April 15th

Walk to Run program begins. (TCAMF Pace Leaders will lead) Weather permitting.

April 26th

Geneva Running Outfitters will host a team night to purchase your customized running shoe for your running style. 15% discount on all shoes, apparel and running gear.

June 3rd

GREAT Western Trail – Kick Off to training. Start off the morning with a 4 mile fun run with other TCAMF Charity Runners. All paces are welcome. There will be multiple pace groups.

July

Team Night at Geneva Running outfitters. Learn about hydration, nutrition and how to fuel your run.

August

TCAMF Evening fun run and night out.

September 15th

Carb up with your team. TCAMF will host a pasta night for all runners and their families.

September 17th

7:00am – Fox Valley Half/20/Full Marathon – Downtown St. Charles.
Family after party celebration. Show off your medal and chat with other TCAMF finishers.



The following information is regarding fundraising:

You have committed to raising \$350, the fundraising minimum is meant to be a low number. The average marathon charity runner raised \$1,150 in 2012. It would be great if our runners set their fundraising goals higher than the minimum. The more funds we raise the more we are able to make a difference.

We can offer several ideas, suggestions and samples of approaches past team members have found successful. One thing to always keep in mind: It doesn't matter if you're a veteran or a seasoned marathoner, you have taken on a tremendous physical challenge. Most people genuinely admire this and want to find some way of supporting you. The fact that you are also fundraising for an important cause doubles the impact of your marathon challenge. This is a terrific way for your family, friends and colleagues to support you and become a part of your marathon experience.

A final note to always remember: We are here for you, to support your efforts. We will be in regular contact with you, but feel free to contact us at any time!

Good Luck with fundraising!

Upon submitting you completed commitment & waiver form, TCAMF is asking for a credit card to keep on file. We will ONLY charge you card if your fundraising minimum is not met by race day (September 18th).

Name on Card: _____

Credit Card #: _____

Expiration : _____

Security #: _____

Signature: _____ Date: _____

FUNDRAISING REQUIREMENTS: As a TCAMF runner, I pledge to raise a minimum of \$350.00 to provide comfort and support to cancer patients and their families. Funds must be collected by me on or before race day – September 17, 2017. TCAMF will charge the difference to the card on file if fundraising requirements are not achieved on the above specified day.

2017 TCAMF/FOX VALLEY HALF/FULL MARATHON PARTICIPANT WAIVER AND RELEASE

I HEREBY ASSUME ALL OF THE RISKS OF PARTICIPATING IN THIS EVENT. I certify that I am physically fit, sufficiently prepared for participation in the event, and have not been advised to not participate by a qualified medical professional. I certify that there are no health related reasons or problems which preclude my participation in this Event. I understand that if I cannot participate in the half/marathon due to an injury, or other reasons, that I still must meet my fundraising obligations.

In consideration of permitting me to participate in this Event, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows:

(A) I WAIVE, RELEASE, AND DISCHARGE from any and all liability, including but not limited to, liability arising from the negligence or fault of The Colette A. Miles Foundation, a non-profit corporation, and its officers, directors, board members, employees and agents (collectively TCAMF), for my personal injury, death or disability, property damage, property theft, or actions of any kind which may hereafter occur to me while participating in this Event.

(B) I INDEMNIFY, HOLD HARMLESS, AND PROMISE NOT TO SUE TCAMF from any and all liabilities or claims made as a result of participation in this activity or event, whether caused by the negligence of TCAMF, or one of its sponsor partners or otherwise. I acknowledge that TCAMF is not responsible for the errors, omissions, acts, or failures to act of any party or entity conducting the Event on behalf of TCAMF.

(C) The Participant understands that, except as otherwise agreed to by TCAMF, in writing, TCAMF does not carry or maintain health, medical, or disability insurance for any Volunteer.

(D) I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident, and/or illness during this Event.

(E) I understand that I may be photographed during this Event and its related activities, and I agree to allow my photo, video, or film likeness to be used for any legitimate purpose by TCAMF, sponsors, organizers, and assigns.

This waiver and release of liability shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law.

I CERTIFY THAT I HAVE READ THIS DOCUMENT, AND I FULLY UNDERSTAND ITS CONTENT. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT AND I SIGN IT FREELY.

Printed name

Signature



First Half Marathon Runner

When I decided to try and run a half marathon, I had no idea what to expect - I only knew that I wanted to do something...something positive, something meaningful, and something I could be proud of. I wasn't the fastest runner - I hadn't even run at all in years, but luckily I found some inspiration, patience and a great teacher in Irene and started the journey anyway. I'm so glad I did. Crossing that finish line made me cry – not just because I had finally accomplished my goal, but because I knew the reason behind the run was to raise money for all those who should be running and doing anything but fighting hard for something more valuable than a medal around their necks. Running for a charity was the best decision I ever made, and it's one I'll make again next year.

First Half Marathon Runner

I developed an interest in running a half marathon after watching my husband run his first in 2009 but I had a fear of committing as I just wasn't sure I could do it. I'd run in the past but not much more than a few 5k's and hadn't run consistently for several years. I received an email about running on TCAMF team and I began seriously considering it...but still had that fear. I met with the training coach to discuss the training program and by the time I left I had signed the papers and committed! I was well aware of the wonderful things this foundation does for these people and their families and I knew keeping that in mind while training would help me push through. What I didn't realize at first was how much training with a group would be a huge key in the success of my training. I trained with some people I already knew and also met some great new people that all helped me in my training. We all motivated each other, cheered each other on and pushed each other past our comfort zones. Without the team, I definitely know it would not have been the same experience! I know someone would always be there to get me through those long runs! I wouldn't have done my first half marathon any other way! It was an amazing feeling to cross that finish line!

First Half Marathon

I never considered myself a runner. At the most, (fifteen years ago) I would walk/run, but would always stop at 3 miles. I had in my mind that this was the maximum miles that I could run. Last year, I decided that I would take the plunge and sign up for a half marathon. My motivation was due to the fact that I would be running for the Colette A. Miles Foundation. This was a cause that was dear to my heart. Colette's son was a student of mine and with my sister being a breast cancer survivor; I wanted to do whatever I could to help raise money. I have four active children ranging in ages from 9-17 years old and was worried about the time that would be needed to train. Since most of the runs were early in the morning, time was never a problem and there was always somebody that would be available if you needed to find another time. I looked forward to these runs to have "me time" and chat with my new running friends. It was truly such a good feeling to be on the trail and see other members of the team that would cheer for your hard work. Our team leader, Barb O. always made our runs fun, while motivating us to keep up our pace and miles. Both Irene and Barb were great about sending out motivational emails to remind you of the cause and give reassurance about how well you were doing. I can honestly say that I have never regretted my decision and look forward to training again this year!



A note from our Pace Leaders:

CONGRATULATIONS on taking the first step to becoming a charity Athlete. You should be so proud of yourself for taking on this challenge! We have been running for several years and have to say the best decision we've made is to "Run for a Cause". If you are still skeptical and need answers to the obvious questions, here they are:

Why run for a Cause?

We all run for different reasons. The obvious and perhaps the most common reasons have to do with staying fit and creating a healthy balance in life. Competitive runners do it for those reasons and more: It defines them and, in many cases, is their true passion. But you don't have to be a competitive runner to be passionate about it, nor does running need to define who you are.

There are things about running though that define each and every one of us who run. Among other things, running takes determination, focus and guts (especially for a new runner). That is why some people don't want to take on this challenge. It will challenge you both mentally and physically.

Why should you run?

It differs for each person. Personal connection to our cause, the desire to get in shape and perhaps achieve something you never thought was possible; to do something you and your family can be proud of. The reasons are as unique as the individuals. The reasons are what drive us to the finish line.

How do you get through it?

As we have said before, determination, focus, guts. Running for TCAMF brings out these traits even more. Struggling through a training run or a race is nothing compared to what these people face fighting this disease. Running for a cause can put things in perspective.

What's in it for me?

The rewards for those who run for a cause are priceless: New friendships, a feeling of tremendous accomplishment in helping others, the thrill of crossing the finish line, and the new attitude about running and life, that says "Things could always be worse right now. At least I CAN run." When self-pity strikes think about that and get on with your run!

We look forward to starting this journey with you and we will be there every step of the way. Please call or email any one of us with any questions.

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There are numerous non-profit organizations that have developed training and fundraising programs, why us? I believe we are a family who is truly dedicated to helping all runners of all abilities to achieve their goal. We are passionate about training, fundraising and making a difference in the lives of these brave people. We are turning ordinary people into extraordinary people by running and making a difference. Our program is great for new or seasoned runners.



TCAMF Walk to Run Program

TCAMF will provide all brand new runners with a free supervised program designed to gradually build up your running distance to 3 miles during a 40 minute workout. We will have several different pace leaders to help with your progression.

We will have the following new runner training groups:

Walk/Run group: Never ran 1 block. You are currently doing cardio or run for at least 20 minutes

New Runner: You can run for 30 minutes consecutive 1x a week.

These runs will start first week of April 15th and continue until June 1st. Days will vary based on weather and pace leader. We will offer early morning 5:15am, mid-morning, and occasional evening runs if requested. This should fit into everyone's schedule.

You do not have to attend all runs or participate for the entire program. In addition, this program will educate you on proper running shoe selection, hydration, nutrition, running techniques and stretching.

All programs start in April and end in June, just in time for official training in July. At this time you should be running 4 miles consecutively @ 11:30 pace or faster. We will guide you to join the correct pace group.

If you would like to start training with other new charity athletes, please contact Irene Eby at irene@tcamf.org and she will get you registered.

We have a group for every runner you just have to ask and commit.

Half Marathon Training Schedule

Based on Training from Hal Higdon

See more at www.halhigdon.com

Novice

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Stretch & Strengthen	3 m run	2 m run or cross	3 m run + strength	Rest	30 min cross	4 m run
2	Stretch & Strengthen	3 m run	2 m run or cross	3 m run + strength	Rest	30 min cross	4 m run
3	Stretch & Strengthen	3.5 m run	2 m run or cross	3.5 m run + strength	Rest	40 min cross	5 m run
4	Stretch & Strengthen	3.5 m run	2 m run or cross	3.5 m run + strength	Rest	40 min cross	5 m run
5	Stretch & Strengthen	4 m run	2 m run or cross	4 m run + strength	Rest	40 min cross	6 m run
6	Stretch & Strengthen	4 m run	2 m run or cross	4 m run + strength	Rest or easy run	Rest	5-K Race
7	Stretch & Strengthen	4.5 m run	3 m run or cross	4.5 m run + strength	Rest	50 min cross	7 m run
8	Stretch & Strengthen	4.5 m run	3 m run or cross	4.5 m run + strength	Rest	50 min cross	8 m run
9	Stretch & Strengthen	5 m run	3 m run or cross	5 m run + strength	Rest or easy run	Rest	10-K Race
10	Stretch & Strengthen	5 m run	3 m run or cross	5 m run + strength	Rest	60 min cross	9 m run
11	Stretch & Strengthen	5 m run	3 m run or cross	5 m run + strength	Rest	60 min cross	10 m run
12	Stretch & Strengthen	4 m run	3 m run or cross	2 m run	Rest	Rest	Half Marathon

Intermediate

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Stretch & Strengthen	3 m run	5 x 400 5-K pace	3 m run + strength	Rest	3 m run	5 m run
2	Stretch & Strengthen	3 m run	30 min tempo	3 m run + strength	Rest	3 m pace	6 m run
3	Stretch & Strengthen	3.5 m run	6 x 400 5-K pace	3 m run + strength	Rest	Rest	5-K Race
4	Stretch & Strengthen	3.5 m run	35 min tempo	3 m run + strength	Rest	3 m run	7 m run
5	Stretch & Strengthen	4 m run	7 x 400 5-K pace	3 m run + strength	Rest	3 m pace	8 m run
6	Stretch & Strengthen	4 m run	40 min tempo	3 m run + strength	Rest or easy run	Rest	10-K Race
7	Stretch & Strengthen	4.5 m run	8 x 400 5-K pace	3 m run + strength	Rest	4 m pace	9 m run
8	Stretch & Strengthen	4.5 m run	40 min tempo	3 m run + strength	Rest	5 m pace	10 m run
9	Stretch & Strengthen	5 m run	9 x 400 5-K pace	3 m run + strength	Rest or easy run	Rest	15-K Race
10	Stretch & Strengthen	5 m run	45 min tempo	3 m run + strength	Rest	5 m pace	11 m run
11	Stretch & Strengthen	5 m run	10 x 400 5-K pace	3 m run + strength	Rest	3 m pace	12 m run
12	Stretch & Strengthen	4 m run	30 min tempo	2 m run	Rest	Rest	Half Marathon

Full Marathon Training Schedule

Based on Training from Hal Higdon

See more at www.halhighdon.com

Marathon Training Schedule: *Novice 1*

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
<u>1</u>	rest	3 m run	3 m run	3 m run	rest	6	cross
<u>2</u>	rest	3 m run	3 m run	3 m run	rest	7	cross
<u>3</u>	rest	3 m run	4 m run	3 m run	rest	5	cross
<u>4</u>	rest	3 m run	4 m run	3 m run	rest	9	cross
<u>5</u>	rest	3 m run	5 m run	3 m run	rest	10	cross
<u>6</u>	rest	3 m run	5 m run	3 m run	rest	7	cross
<u>7</u>	rest	3 m run	6 m run	3 m run	rest	12	cross
<u>8</u>	rest	3 m run	6 m run	3 m run	rest	13	cross
<u>9</u>	rest	3 m run	7 m run	4 m run	rest	10	cross
<u>10</u>	rest	3 m run	7 m run	4 m run	rest	15	cross
<u>11</u>	rest	4 m run	8 m run	4 m run	rest	16	cross
<u>12</u>	rest	4 m run	8 m run	5 m run	rest	12	cross
<u>13</u>	rest	4 m run	9 m run	5 m run	rest	18	cross
<u>14</u>	rest	5 m run	9 m run	5 m run	rest	14	cross
<u>15</u>	rest	5 m run	10 m run	5 m run	rest	20	cross
<u>16</u>	rest	5 m run	8 m run	4 m run	rest	12	cross
<u>17</u>	rest	4 m run	6 m run	3 m run	rest	8	cross
<u>18</u>	rest	3 m run	4 m run	2 m run	rest	rest	race

Marathon Training Schedule: *Novice 2*

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	rest	3 m run	5 m pace	3 m run	rest	8	cross
2	rest	3 m run	5 m run	3 m run	rest	9	cross
3	rest	3 m run	5 m pace	3 m run	rest	6	cross
4	rest	3 m run	6 m pace	3 m run	rest	11	cross
5	rest	3 m run	6 m run	3 m run	rest	12	cross
6	rest	3 m run	6 m pace	3 m run	rest	9	cross
7	rest	4 m run	7 m pace	4 m run	rest	14	cross
8	rest	4 m run	7 m run	4 m run	rest	15	cross
9	rest	4 m run	7 m pace	4 m run	rest	11	cross
10	rest	4 m run	8 m pace	4 m run	rest	17	cross
11	rest	5 m run	8 m run	5 m run	rest	18	cross
12	rest	5 m run	8 m pace	5 m run	rest	13	cross
13	rest	5 m run	5 m pace	5 m run	rest	19	cross
14	rest	5 m run	8 m run	5 m run	rest	12	cross
15	rest	5 m run	5 m pace	5 m run	rest	20	cross
16	rest	5 m run	4 m pace	5 m run	rest	12	cross
17	rest	4 m run	3 m run	4 m run	rest	8	cross
18	rest	3 m run	2 m run	rest	rest	2 m run	Marathon

Marathon Training Schedule: *Intermediate-I*

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
<u>1</u>	cross	3 m run	5 m run	3 m run	rest	5 m pace	8
<u>2</u>	cross	3 m run	5 m run	3 m run	rest	3 m run	9
<u>3</u>	cross	3 m run	5 m run	3 m run	rest	5 m pace	6
<u>4</u>	cross	3 m run	6 m run	3 m run	rest	6 m pace	11
<u>5</u>	cross	3 m run	6 m run	3 m run	rest	6 m run	12
<u>6</u>	cross	3 m run	5 m run	3 m run	rest	6 m pace	9
<u>7</u>	cross	4 m run	7 m run	4 m run	rest	7 m pace	14
<u>8</u>	cross	4 m run	7 m run	4 m run	rest	7 m run	15
<u>9</u>	cross	4 m run	5 m run	4 m run	rest	7 m pace	11
<u>10</u>	cross	4 m run	8 m run	4 m run	rest	8 m pace	17
<u>11</u>	cross	5 m run	8 m run	5 m run	rest	8 m run	18
<u>12</u>	cross	5 m run	5 m run	5 m run	rest	8 m pace	13
<u>13</u>	cross	5 m run	8 m run	5 m run	rest	5 m pace	20
<u>14</u>	cross	5 m run	5 m run	5 m run	rest	8 m run	12
<u>15</u>	cross	5 m run	8 m run	5 m run	rest	5 m pace	20
<u>16</u>	cross	5 m run	6 m run	5 m run	rest	4 m pace	12
<u>17</u>	cross	4 m run	5 m run	4 m run	rest	3 m run	8
<u>18</u>	cross	3 m run	4 m run	rest	rest	2 m run	race

Marathon Training Schedule: *Intermediate-II*

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
<u>1</u>	cross	3 m run	5 m run	3 m run	rest	5 m pace	10
<u>2</u>	cross	3 m run	5 m run	3 m run	rest	5 m run	11
<u>3</u>	cross	3 m run	6 m run	3 m run	rest	6 m pace	8
<u>4</u>	cross	3 m run	6 m run	3 m run	rest	6 m pace	13
<u>5</u>	cross	3 m run	7 m run	3 m run	rest	7 m run	14
<u>6</u>	cross	3 m run	7 m run	3 m run	rest	7 m pace	10
<u>7</u>	cross	4 m run	8 m run	4 m run	rest	8 m pace	16
<u>8</u>	cross	4 m run	8 m run	4 m run	rest	8 m run	17
<u>9</u>	cross	4 m run	9 m run	4 m run	rest	9 m pace	12
<u>10</u>	cross	4 m run	9 m run	4 m run	rest	9 m pace	19
<u>11</u>	cross	5 m run	10 m run	5 m run	rest	10 m run	20
<u>12</u>	cross	5 m run	6 m run	5 m run	rest	6 m pace	12
<u>13</u>	cross	5 m run	10 m run	5 m run	rest	10 m pace	20
<u>14</u>	cross	5 m run	6 m run	5 m run	rest	6 m run	12
<u>15</u>	cross	5 m run	8 m run	5 m run	rest	10 m pace	20
<u>16</u>	cross	5 m run	5 m run	5 m run	rest	4 m pace	12
<u>17</u>	cross	4 m run	6 m run	4 m run	rest	4 m run	8
<u>18</u>	cross	3 m run	4 m run	rest	rest	2 m run	race



The Colette A. Miles Foundation
Friends for Courage

Name: _____

Email: _____

Phone: _____

Preferred Training Pace:

7:00-7:30	7:30-8:00	8:00-8:30	8:30-9:00	9:00-9:30
9:30-10:00	10:30-11:00	11:00-11:30	11:30-12:00	Walk/Run

Dri-Fit Running Shirt Size:

X-Small	Small	Medium	Large	X-Large	XX-Large
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_____ I would like to join a pace group for long runs on Saturday mornings (occasional Sundays, if needed)

_____ I do not need a group, I will train on my own, continue sending me training runs I may jump in for the last part of training

_____ I do not need a group or training runs I will train on my own and fundraise for TCAMF.

Official training begins the first weekend in June for the full and July for the half. If you would like to join weekend 6 mile runs earlier, please let us know. We will have fun runs on Saturday mornings to prepare for your training.



Waiver:

In consideration of being permitted to participate in The Colette A. Miles Foundation (TCAMF) Training Programs, I do hereby, for myself and heirs and personal representatives, release and discharge The Colette A. Miles Foundation, Geneva Running Outfitters, directors, pace leaders and all other persons connected with this program, from any and all liabilities on account of injury, death or damage growing out of my participation, weather caused by negligence or otherwise. I hereby grant full permission to any and all of the foregoing to use any photographs, motion pictures, recordings or any other record of this program for any legitimate purpose, without monetary payment to me. I have consulted a doctor before starting this program or I am physically fit and sufficiently trained to participate in this program and recognize the risks involved and intend by this release to assume full responsibility for anything that might happen to me.

Signature _____ Date_____