

## FAQs

**Team Larkin Street Overview/FAQ's**• **Why should I join Team Larkin Street?**

The more relevant question here is why should you not join! In all seriousness, Team Larkin Street is a fantastic way to get into shape (or enhance your current fitness level), keep your stress levels LOW, and contribute to an excellent cause!

• **I'm not a runner or an athlete....how can you possibly get me in shape to run 13.1 miles?**

Great question. The 12 week training schedule is designed to accommodate for all levels of experience and ability. The philosophy behind the training schedule is one your coach has employed numerous times with a near 99% success rate.

If it's your first time training for a half marathon, no problem! If you are a more seasoned runner, we have workouts that will work for you as well!

• **What do I get for raising \$1,300 for Team Larkin Street?**

You GET the opportunity to contribute to an excellent cause. For more information about Larkin Street Youth Services visit [www.larkinstreetyouth.org](http://www.larkinstreetyouth.org)

Above and beyond this, you get the aforementioned comprehensive training schedule, one weekly professionally coached run workout, clinics and seminars from industry leaders, a technical running shirt, your own personalized fundraising webpage, reimbursed event registration (upon meeting the fundraising minimum), discounts at local sporting good stores, and ongoing support from your coach (Marathon Matt) and program representative (Nicole Garrouette).

• **How the heck can I raise \$1,300!?!? (HINT-See the Fundraising 'Quick Hits' document!)**

\$1,300 may 'seem' like a lot, but if you think about it you can actually raise most of this money without too much effort.

#1-Send an email to all your friends, family, colleagues, acquaintances, etc. Tell them what you are doing and provide them a direct link to your fundraising webpage where they can make contributions. Assuming this email is received by 100 people and each person donates an average of \$10/piece, that's almost \$1,000!

#2-Most companies/corporations do some kind of dollar/gift matching. Explore this possibility (or some other form of sponsorship) with your manager and/or your human resources department.

#3-Throw a simple dinner party inviting as many people as you like and request that all who attend drop \$20 in your Team Larkin Street donation bowl. Better yet, request \$15 per course. If you have a salad, entrée, and dessert, that's a decent chunk of change!

With these 3 simple strategies, you should be able to raise most (if not all) of the money you need. Additionally, your coach and program representative will provide tips, advice and support throughout the duration of the program.

• **When is my \$1,300 due?**

Ultimately, you **MUST** have the full amount (**\$1,300**) raised by **July 26, 2009**. If the full amount is not raised by this date, you may choose to make a donation to reach the minimum (**\$1,300**). **All contributions processed by Larkin Street Youth Services are non-refundable.**

There is two other dates to be aware of as well:

**-Monday, June 15, 2009-at least \$400**

**-Monday, July 13, 2009-at least \$900**

• **Where do my fundraising dollars go?**

Your fundraising dollars go directly to Larkin Street Youth Services in San Francisco, a non-profit committed to creating and providing a continuum of services that inspires youth to move beyond the street.

• **OK! I'm ready to go! How do I sign up?**

Register online at: [http://www.active.com/page/Event\\_Details.htm?event\\_id=1654905&assetId=3de8888d-c0b2-4b77-9fe8-c6120d99e14b](http://www.active.com/page/Event_Details.htm?event_id=1654905&assetId=3de8888d-c0b2-4b77-9fe8-c6120d99e14b)

Once you fill out the required paperwork, you're good to go! We will provide you with a fundraising strategy workbook, a training overview document, and instructions on how to set up your fundraising page! You can start raising money immediately!

We're so happy to have you on board!

**FOR ADDITIONAL TRAINING QUESTIONS/CONCERNS, CONTACT MATT at [MARATHONMATT@MARATHONMATT.COM](mailto:MARATHONMATT@MARATHONMATT.COM) .**

**FOR REGISTRATION/FUNDRAISING QUESTIONS, CONTACT NICOLE at [ngarrouette@larkinstreetyouth.org](mailto:ngarrouette@larkinstreetyouth.org)**