

# TEAM HOSTELLING INTERNATIONAL USA



2012 LA MARATHON GUIDE

# Welcome to the Team!

**Welcome to Team Hostelling International** and the 2012 LA Marathon! We are very excited to have you join us. Thank you for helping to support the HI-USA Mission:

*To help all, especially the young, gain a greater understanding of the world and its people through hostelling.*

**The funds raised support this mission** by helping the Los Angeles Council of HI-USA offer educational and community outreach programs to Girl Scouts of America, students in the Los Angeles Unified School District and community members like you. For more information on the programs you support, check out our website at [lahostels.org](http://lahostels.org).



More info about the Los Angeles Council of HI-USA is available online at [www.lahostels.org](http://www.lahostels.org)

# Training Program

**No experience is necessary to be a part of Team Hostelling International.** All you need is your excitement and commitment to our training plan, and we can turn you into a marathon runner or walker by March 18, 2012.

As a member of Team Hostelling International, **athletes receive registration in the LA Marathon and membership in Club 26.2**, the Official Training Program of Hostelling International's 2012 Marathon Team.

## Membership in Club 26.2 includes:

- *Weekly Saturday training runs in either of two locations for LA-area residents (Marina del Rey or Pasadena) or an online program for out-of-towners*
- *A complete training program*
- *Customized emails from Coach Robert Mills*
- *Advice on nutrition, hydration and injury prevention*



**Club 26.2** has trained over 2,000 runners and walkers with over a 99% success rate in their athletes crossing the finish line. More impressively, over 80% of their athletes came to Club 26.2 as first-time runners and walkers.

# Marathon Registration



***Marathon registration for all  
Team Hostelling International members is covered by HI-USA  
(a \$145 value).***

## ***LA Marathon Race Registration includes:***

- Water stations every mile and fluid replacement stations every other mile; medical support at the start, finish and along the course; 75 points of on-course entertainment; personal item storage transported from the start line to the post finish area; and what arguably will be the most talked about course - Stadium to the Sea - for many years to come
- 2-day Health and Fitness Expo featuring product demos, interactive exhibits and merchandise
- Participant technical shirt
- Personalized name on your race bib
- Pre-race shuttle transportation from the finish to the start
- Pre-start festival, which includes breakfast snacks, entertainment, and more
- Race day athlete tracking
- B Tag timing system with splits every 5 kilometers
- Finisher medal
- Food & Fluids after your finish
- Mylar blanket
- Post race massage
- Finish Line Festival and Family Reunion area on the beach
- Finisher certificate

**Already registered?** No worries! You can STILL be part of Team HI!

*Get your registration fee reimbursed!*

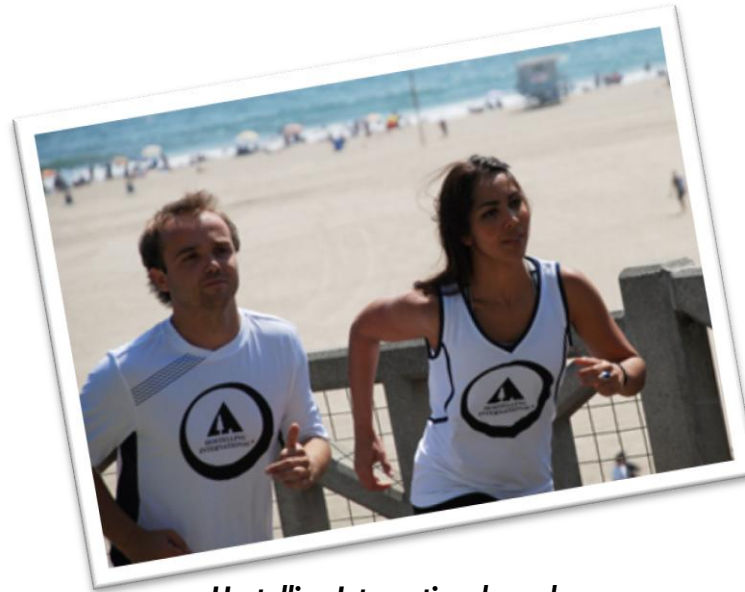
See our Fundraising Goals.

More info about the Los Angeles Council of HI-USA is available online at [www.lahostels.org](http://www.lahostels.org)

# Benefits of Team Hostelling International

## ***Benefits of joining Team Hostelling International:***

- LA Marathon registration fee is paid by Hostelling International (a \$145 value)
- Membership into Club 26.2 comprehensive marathon training program, including weekly run meetings and personalized coaching
- Complete fundraising support from HI-USA. We make reaching your fundraising goals easy!
- Help HI-USA offer its educational programs to LA-area youth
- HI-USA race jersey
- Celebratory Pasta Dinner to carbo-load the night before the race
- Post-marathon baggage storage
- Opportunity to stay at Hostelling International Santa Monica the night before the LA Marathon, right next to the finish line and blocks from the shuttles to the start (For our top 15 fundraisers)
- Race Day VIP Treatment including family meeting point at Hostelling International Santa Monica at the finish line and bag check at the start with delivery to HI-Santa Monica meeting point
- A MASSIVE sense of accomplishment



***Hostelling International employees  
Adam Seppala and Tatiane  
Rodrigues. Runners in training.***

# Fundraising

## Fundraising Goals:

- Raise \$200 and receive a Hostelling International Team jersey
- Raise \$500 (\$355 + \$145 registration) and registration will be paid for (or reimbursed)!
- Raise \$750 (\$470 + \$280 registration/training) and receive team marathon training with club 26.2
- Fundraising deadline is March 1<sup>st</sup>.

HI-USA is committed to providing the members of Team Hostelling International with all they need to reach their fundraising goals, making raising money for HI-USA easy:

- *All team members have their own personalized webpage on Crowdrise to direct and streamline donations*
- *We provide team members with drafts of letters/emails to send to friends, family, co-workers, etc.*
- *We provide fundraising support and updates*
- *The 15 highest fundraisers receive a free bed at HI-Santa Monica (next to the finish line) for the night before the race*



*Cultural Kitchen is just one of the many programs offered by HI-USA*

# Fundraising Support: Ghost Runner Program

**Want to run for Team HI but worried about fundraising???** Earn the benefits and sense of accomplishment by partnering with one of our Ghost Runners!

**Ghost Runners** are those who want to help fundraise but either can't or don't want to run a full marathon. Thanks to their generosity, reaching your fundraising goals just became that much easier!

## To Participate, Runners Must:

- *Provide a brief (paragraph) biography and photo to share with your Ghost Runner*
- *Keep a weekly training log.*
- *Correspond with Ghost Runners on a bi-weekly basis, updating them on your training progress.*
- *Attend fundraising events on behalf of your Ghost Runner to help reach and achieve fundraising goals.*



This program is on a first come, first serve basis and is dependent upon volunteered sponsorship. E-mail [shanec@lahostels.org](mailto:shanec@lahostels.org) for more information.

# Fundraising Support: Opportunity Drawing

In addition to complete fundraising support, the Los Angeles Council of HI-USA conducts an Opportunity Drawing in conjunction with the LA Marathon. In 2011, prizes included:

- **Eurail Passes**
- **DIRECTV Programming Package**
- **A night at the Beverly Hills Four Seasons**
- **HI-USA Lifetime Membership**
- **Certificates to local restaurants, attractions, spas and more!**

Tickets to the Opportunity Drawing are given to donors as an additional incentive to contribute to HI on our athletes' behalf. Tickets are also given to athletes based on their fundraising. In this way, athletes automatically have a good chance at winning great prizes by reaching the fundraising goals.

More details on the Opportunity Drawing will be released as prizes are confirmed in the coming months.



**Former Board Member Aimee Wyatt has run the LA Marathon every one of its 26 years!**

## **Fundraising Deadlines & Goal Dates:**

**March 1, 2012:** By this day, we ask that all members of Team Hostelling International have raised a minimum of \$500 for us to finalize their LA Marathon registration (*this can be charged to a credit card to continue in the program*)\*

**March 17, 2012:** We ask that all members of Team Hostelling International participating in Club 26.2 have reached \$750 in total fundraising by Marathon Day.

*\*We require each athlete to have a credit card on file with us in the slim chance that the first fundraising deadline is not met. In that rare case, we charge the difference between what has been raised by that athlete and their committed fundraising minimum to cover our costs. We never want to see this happen, so we do our best to help all of our athletes achieve their goals.*

# Help Us Recruit!

**By joining Team Hostelling International**, you will meet new people who are sharing the journey that is marathon running. Want to make it even more fun? *Bring a friend along!*

**Remember:** Almost anyone can finish a marathon with the right training, so your friends don't need to be runners to bring them out.

E-mail [shanec@lahostels.org](mailto:shanec@lahostels.org) with questions and to sign-up!!!



**\*As a bonus, for every runner you recruit to Team Hostelling International, we will reduce your registration fundraising minimum by \$50 (up to 3 runners)**