Fall 2010 Team In Training Volunteer Registration Form
Greater San Francisco Bay Area

221 Main Street, Suite 1650
San Francisco, CA 94105-1936
(415) 581-1166 fax: 625-1159

555 Fifth Street, Suite 320
Santa Rosa, CA 95401-6432
(707) 303-4800 fax: 303-4810

First Name _____ Last Name _____ ❑ Female ❑ Male

Street Address _____

City _____ State _____ Zip _____

Email Address _____

Day Phone (____) _____ Eve Phone (____) _____ Mobile (____) _____

Birth Date (mm/dd/yyyy) _____ *Minimum age at Kickoff is 16. Ages 16–17 must obtain medical clearance and have a guardian at workouts.*

Run/Walk/Tri Shirt (W: 2XS–3XL; M: XS–4XL): _____ Cycle Jersey (unisex: XS–3XL): _____ Tri Wetsuit Ht _____ Wt _____

Employer _____ Title _____ City _____

❑ I am connected to someone with blood cancer ❑ Email me about how I can influence blood cancer legislation ❑ Do not share my information with my team

Team, distance and fundraising minimum *You may change your options any time prior to recommitment.*

Alumni minimum: ❑ I have completed fundraising for a TNT event. (subtract $250 from fundraising minimum and fill in last event completed below)

Cycle teams: ❑ SF/Marin/East Bay ❑ Sonoma/Napa/Solano

❑ 100-mile **Solvang's Finest Century: $2,500.** *Solvang, CA; Nov. 13, 2010*

❑ 109-mile **El Tour de Tucson: ❑ $3,500** with travel or ❑ **$2,900** without travel. *Tucson, AZ; Nov. 20, 2010*

Walk, run and run/walk teams: ❑ SF/Marin ❑ East Bay ❑ Sonoma/Napa ❑ Solano

❑ **Nike Women's Half Marathon:** ❑ walk, ❑ run or ❑ run/walk; ❑ **$2,500** with hotel or ❑ **$2,100** without hotel. *San Francisco, CA; Oct. 17, 2010*

❑ **Big Sur Half Marathon:** ❑ walk, ❑ run or ❑ run/walk; ❑ **$2,500.** *Monterey, CA; Nov. 14, 2010*

❑ **Honolulu Marathon:** ❑ walk, ❑ run or ❑ run/walk; ❑ **$3,900** with travel or ❑ **$3,200** without travel. *Honolulu, HI; Dec. 12, 2010*

Triathlon teams: ❑ SF/Marin/East Bay ❑ Sonoma/Napa *(Separate IronTeam will train throughout all areas at left)*

❑ Olympic **Marin County Triathlon:** ❑ **$2,500** with wetsuit or ❑ **$1,850** without wetsuit (tri alumni only). *San Rafael, CA; Oct. 31, 2010*

Teams are also forming to train for **Ironman Canada, Ironman Louisville** and **Vineman.** Members of IronTeam train together for 10 months to complete a full Ironman (2.4-mile swim, 112-mile bike and 26.2-mile run) or AquaBike (at Vineman only—2.4-mile swim and 112-mile bike). Visit www.teamintraining.org/sf or call (800) 78-TRAIN for information and to request an IronTeam application.

How did you hear about TNT? *If you are a returning participant, indicate most recent event completed.*

❑ BART ❑ Billboard ❑ Brochure/Flyer ❑ Email ❑ Letter ❑ Runner's World ❑ Nike ❑ Nissan ❑ Amgen ❑ PowerBar ❑ Schwinn

❑ I am a TNT alum *Last event completed:* _____ *Year:* _____ *Chapter:* _____

❑ From a friend *Name:* _____ ❑ Radio *Station:* _____ ❑ Website: _____

❑ Magazine/Newspaper Article ❑ Magazine/Newspaper Advertisement *Publication:* _____

Registration payment and volunteer agreement *Registration fee is nonrefundable, nontransferable and not tax-deductible.*

Until July 20: ❑ **$100** for new participants ❑ **$50** for TNT alumni or rollovers • *After July 20:* ❑ **$150** for new participants ❑ **$100** for alumni ❑ **$75** for rollovers

Special: TNT alumni pay only ❑ **$25** until July 14! • *TNT Triple Crown bearers or TNT honorees:* ❑ **Waived** • *Other amount:* ❑ **$**_____

Method of Payment: ❑ Cash ❑ Check made payable to "LLS" (Check Number _____) ❑ Master Card ❑ Visa ❑ American Express ❑ Discover

Credit Card: [ ][ ][ ][ ] [ ][ ][ ][ ] [ ][ ][ ][ ] [ ][ ][ ][ ] Exp. Date _____ Card Verification Code _____

Billing Name, Address and Zip: ❑ Same as above ❑ Other: _____

As a TNT volunteer supporting The Leukemia & Lymphoma Society and its mission, I hereby agree to train for and participate in the following event and to raise the designated fundraising participation minimum by the event fundraising deadline. I understand that I will be training for and participating in the name of an honored patient, whom I will select or who will be selected for me, and agree to participate in designated LLS volunteer activities at the event site.

Signature _____ Date: _____

TNT STAFF: Person taking registration ..... Mentor assignment ..... Date .....

Registered via ❑ Phone ❑ Mail ❑ Fax ❑ Email ❑ IM ❑ KO ❑ BOG ❑ Walk-in ❑ Other: ..... In TNTIS ..... In SC ..... ❑ Verified alum ❑ To SFO