the ISHAN GALA FOUNDATION

CURING HAND
IGF MARATHON TEAM

2011 Marine Corps Marathon and 10K

Welcome! We are so excited that you have chosen to join Team Curing Hand and take steps, a lot of them; to helping us fund research initiatives and Change the Future for Children With Cancer! This is just the first step of many as we journey together through this season and cross the finish line together on October 30, 2011 at the Marine Corps Marathon and 10K. We are excited to begin the our second season and make a difference for the familes fighting neuroblastoma.

So you're probably wondering...how do I get started?

It's pretty simple, are you ready?

1. Type this link into your web browser and click go: **www.ishangala.org/mcm2011**

2. Click '**Yes, register now**' and you will now be on the first page of the online process. It is very important to note that this $100 registration fee DOES count towards your fundraising minimum and has to be paid at the time you set up your page. What's cool about the length of this 'training season' is you have eight months to raise your minimums (and beyond!) so get started now! Who knows by the time we start the training program you might have hit that mark already!

3. After you enter a "**1**" beside registration, scroll through waiver and click the '**I agree**' box to continue. *(see image below)*

4. The online application will ask you questions about your contact information (so we can send you training updates!), your physical health and prior experiences running, your t-shirt and jersey size and a few other things. Please be as thorough as possible as this will help us better meet your needs throughout the season.

5. Once your registration form is complete you will be asked to set up your Firstgiving fundraising page, this is the FUN part as you get to customize your page and then post it on Facebook or other social networks to start your fundraising!

6. Please make sure you put '**Team Curing Hand – your name**' in the first block and then add whatever you like to your page. You can add videos, photos, do weekly updates, and so much more.

You can edit your page at any time, add new information, give updates on how fundraising is going and give props to your latest, greatest donors! The great thing about Firstgiving is that it is SO user friendly anybody can have success setting it up from the beginning and get going with his or her fundraising.

That was the easy part! What's next?

Well, the good news is we have a few months until race day! The bad news is – you have to start training some time! For those of you new to running, don't panic, we have plenty of time to get you race ready and familiar with all the new and strange things that accompany endurance training.

Let's start with some simple expectations of what you need to do as a runner and what we will provide you as the organizers:

You:

a. Commit to raising money to help Change the Future for Children with Cancer (minimums based on which event you commit to race.)

b. Agree to pay a registration fee and recommit at the deadline to finalize intent to run.

c. Provide us with your contact and health information plus race experience, if any.

d. Learn about neuroblastoma and why we are committed to this cause, why private fundraising is so key to helping generate awareness and what part that plays in research. (don't worry, we have this information to share with you)

e. Understand you are ambassadors into the running world for the Ishan Gala Foundation and Team Curing Hand, we are so thankful for your commitment and dedication.

f. Spread the word to others, we would like to grow this team with each passing event. Grassroots efforts are always the most effective, there is no substitute for personal invitation and recommendations; thank you in advance.

Team Curing Hand:

a. Easy fundraising website to help you get started

i. There is a registration fee and a recommitment deadline. If you choose not to complete this journey (or become injured), your registration fee and funds already raised will be applied directly to fund research initiatives and increase awareness and you will be released from racing the event. If for any reason you cannot race after the recommitment deadline we will handle that on case-by-case basis anticipating your future ability to race again for another event.

ii. Answers questions and provide tips/ideas on how to raise your funds.

b. Training schedule with updates, nuggets and suggestions throughout the season on things like nutrition, running apparel, stretching, common runner injuries, and the ever important 'what to expect on race day'.

c. Coach-led training runs so you don't have to tackle those miles alone

d. "Kick-off" celebration so you can meet who else is part of the team (location TBD)

e. Pasta dinner the night before the race so you can have some time together to reflect on what you've accomplished over the last 8 months and to meet the founders of the Ishan Gala Foundation and hear their story. Oh yeah, and to eat pasta and get last minute instructions about race day!

f. A race bib (the important thing!)

g. A t-shirt to proudly proclaim 'I'm part of Team Curing Hand – ask me more'; a race jersey so people on the course will know who you are as well as some other small goodies you can 'earn' for hitting fundraising milestones.

h. Trained coaching staff to answer your questions and keep you headed in the right direction.

2011 Marine Corps Marathon and 10K

Meet your founders:

Mayank and Sejal Gala - Sejal and I want to thank you for participating in this event. Running last years marathon was a great experience and a learning process. With a new addition to our family this year, our new sone Archer, I have decided not to run this year, but will be a vital part in recruiting and fundraising. We have dedicated our lives to finding a cure for this relentless disease that claims the lives of so many children. This event will bring awareness and funding to getting one step closer to this foundations mission. Thank you again for your hard work and dedication.

Meet your support crew:

Jamie Payton – I am so excited you have decided to participate in this event. Our foundation is grateful for the many opportunities that have come before us to help raise awareness for our cause and raise dollars needed by the families in this fight and for research to help make finding a cure possible. I will be your support throughout this journey and can help you with any technical issue, which may present itself along the way. Please feel free to contact me at any point with any questions or issues you may have concerning your fundraising efforts and know that I will do my best to solve them promptly. You can reach me by email at jamiepayton@me.com. Thanks again for your decision and good luck during training and the marathon. You are much appreciated and very important to our cause!

Meet your coaching staff:

Rich & Rebecca Wolfe – Hello runners and walkers one and all! We are so honored to be your coaching staff again this season and are very excited about where Team Curing Hand is headed this season. We had a phenomenal first season last year with an amazing group of people who are just as excited about becoming part of the team as we were to have them join hands with us last year.

This will truly be a life-changing journey for you as you learn more about neuroblastoma and what the Ishan Gala Foundation is doing to help find less toxic treatments for children battling this terrible disease. You will get to meet some of our little warriors whom inspire us everyday through the miles and training 'aches and pains'. More importantly, your heart will become intertwined with making a difference for children with cancer and crossing the finish line will suddenly seem so small in comparison, so attainable, so important!