



The Team-D coaches volunteer 100% of their time! During the weekly Saturday morning runs/walks at least one coach is on the course at all times. Either on foot or bike, they are out there every week encouraging participants and carrying extra supplies. Water stops are set up along the course and gels and/or bars are available, although participants are responsible for bringing their own supplies. Locations of the Saturday morning group runs/walks vary each week, and include parks and trails across the Valley. Training sites are chosen to provide variety and diverse terrain.

The coaches design a flexible 5-month training program that can be customized to fit your schedule. The training schedule will be provided prior to the first group run in August 2008. Participants should plan on running or walking 3-5 times a week, unless they are already training more frequently. Speed workouts will be added once the team has settled into their training routine. Clinics on equipment selection, stretching, nutrition, diabetes and exercise and more will be given by running store employees, registered dietitians, exercise physiologists and other local professionals. Our goal is to make sure that everyone finishes their half or full marathon, while having fun and staying injury free!



Coach Dave is in his 6th year as the Team-D Head Coach. He has been a part time runner for over 45 years, beginning in high school when a long race was 1 mile! Coach Dave has benefitted from many excellent coaches during his running "career" and has applied what he has learned from them to coach Team-D. He has completed races including 5K, 8K, 10K, Half Marathon and Full Marathon distances. He usually places well in his age group. He has completed 9 marathons, including 5 as a member of Team Diabetes. The highlight of his running career was running the Boston Marathon in 2005. To date Coach Dave has raised close to \$32,000 for the American Diabetes Association. He ran his first marathon at age 52 so it's never too late to start!

Please contact Brian Long for additional information at 602-861-4731 or 888-342-2383 ext.7095 or at blong@diabetes.org

Thank you for your interest in Team Diabetes.