

Appendix H

History of Team In Training

The population in this study was training for a marathon and had joined “Team In Training” (TNT), the largest endurance training program in the United States. The program was formed to support leukemia research. The idea for TNT began in 1986 when Lucy Duffy, who ran her first marathon in honor of her husband, and raised \$22,000. In 1988 the first official “Team” was led by volunteer Bruce Cleland, and raised \$320,000. In 1996 marathon walking was added to the program, and in 1997 Cycle 100 was added. Finally, in 1999, the Triathlon team was added. In the year 2000, nearly 30,000 participants raised 74 million dollars for leukemia research (email E. Curtis, TNT September 22, 2000).

TNT offers professional coaching, training and travel opportunities in exchange for fundraising towards a cure for leukemia, the number one killer of children under 15, and lymphoma, leading killer of men and women under 35. (www.teamintraining.org).

According to that organization the average age of participants is 35.23 and the composition, by sex of runners and walkers is 74.5 percent women, and 25.5 percent men. Over half of all participants have college degrees, and more than 25 percent have graduate degrees. The reasons for participation given by competitors ranges from the cause itself, 31 percent; to the challenge, 27 percent; conditioning, 17 percent; Coach/Team, 16 percent; weight loss 5 percent; and destination 4 percent (Fax from Dennis Ahlman, National Director of Team In Training, Leukemia & Lymphoma Society, National Staff Training, September 18-20, 2000).

TNT training includes weekly team sessions and a schedule of training which is to be carried out during the week. At the team sessions, information was provided on technique, nutrition, stretching, and equipment. Injury prevention and treatment are discussed and/or referrals to the appropriate medical professionals advised. The weekly team session provides the encouragement and support needed for participants to stay with the demanding schedule of training and fundraising.

TNT is an organization that encourages thousands of ordinary people to train and participate in extraordinary activities, including marathons, triathlons and century rides. Four times a year the call goes out from TNT Headquarters to communities across the country asking volunteers to help the Leukemia & Lymphoma Society by training for a specific event, and by collecting donations for the cause. The organization offers a complete training program by teams headed by professional coaches, and staffed by a league of mentors.