

We can train you to complete the San Francisco Marathon or half marathon : training begins February 5, 2005 / National AIDS Marathon Training Program ; a Walk.The.Talk production.

Contributors

National AIDS Marathon Training Program
Walk.The.Talk

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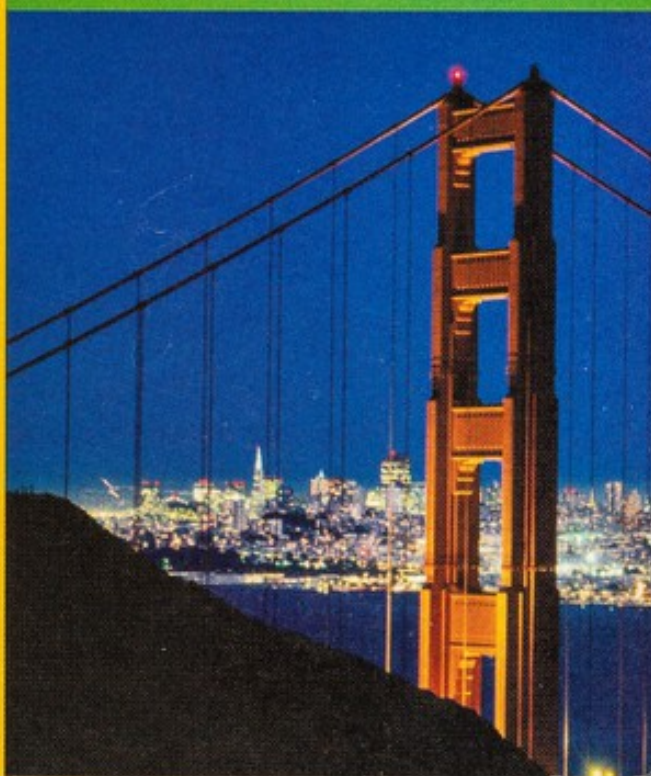
We can train
you to
complete the



San Francisco Marathon

or Half
Marathon

TRAINING BEGINS
February 5, 2005





GIVE US

- ▶ 30 minutes, twice a week on your own
- ▶ A longer group run each weekend
- ▶ Your fundraising efforts
- ▶ Your dedication and commitment

YOU GET

- ▶ A six month training program that will prepare you to complete a marathon or half marathon
- ▶ Great coaching, support, and camaraderie
- ▶ Free marathon entry
- ▶ The official marathon shirt
- ▶ The official marathon medal
- ▶ The joy and satisfaction that comes from knowing you are a hero to people with AIDS
- ▶ New friends and memories that will last a lifetime
- ▶ Bragging rights for doing something others only dream about

Get fit. Have fun. Make a difference.

A Worthy Cause

Nearly one million Americans, and 38 million others throughout the world, are living with HIV. With more than 20 million deaths so far, AIDS is now the leading cause of death among all people aged 15-59 worldwide.

The money we raise will allow the San Francisco AIDS Foundation to fund direct services, HIV care, and AIDS prevention efforts throughout the Bay Area and provide critically needed treatment access in the developing world.

A Training Program for Everyone

Our six-month training programs are geared to both beginners and experienced runners. The full marathon program starts with three miles of running and walking, and then gradually increases in distance. The half marathon program starts with just one mile.

Most of our participants are first-time marathoners, and some have never run a step in their lives. But whether you're training to complete your first marathon, or to improve your personal best, this program will help you succeed. It's a great way to get fit, have fun, and make a tremendous difference in the lives of people living with AIDS.

The training requires a lot less time than you would think - just 30 minutes, twice a week on your own, and a longer group run on the weekend. A highly skilled coach will be on hand to answer your questions and give you valuable advice and encouragement. Each weekend, you will train with your pace group - other runners who share your same level of conditioning, whether fast or slow. You'll train at a comfortable pace. And you'll even have fun doing it.

**RUN THE SAN FRANCISCO
MARATHON OR
HALF MARATHON
ON JULY 31, 2005**

Training begins February 5, 2005

**SAN FRANCISCO MARATHON PRESENTED BY
RUNNER'S WORLD**

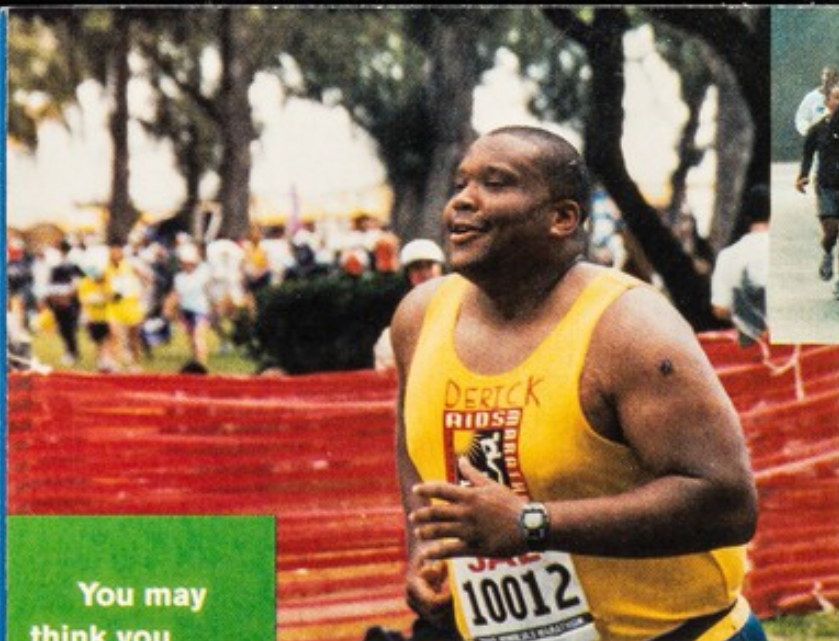


Guided Fundraising

Approximately 1 in every 50 San Franciscans is living with HIV/AIDS. And the San Francisco AIDS Foundation needs your help more than ever before. That's why your commitment to raise funds is so important. In the past 7 years, we've helped 17,000 people nationwide raise more than \$55 million. We'll be there to help you every step of the way. Tell everyone you know that you are training for a marathon, and you'll be surprised at how willing they are to support you. *All you have to do is ask.*



98% of those
who **complete** the training will
complete the **marathon.**



You may
think you
cannot do
this, but

**you
can.**

Learn More

To learn more, please visit us online at www.aidsmarathon.com. Then plan to attend one of our upcoming informational meetings. The meetings are free, and there is no obligation. Just select the meeting you wish to attend – complete the attached card – then RSVP by mailing or faxing it in. The meetings last about an hour. You'll see our 10-minute video presentation, get all your questions answered, and meet other people just like you who want to run a marathon and make a difference in the fight to end AIDS.

It may be the best thing you do for yourself this year, and your life will never be the same.

Attend one of our free Informational Meetings to learn more ►

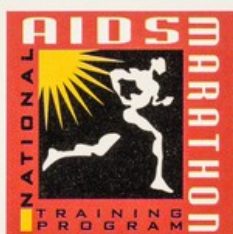


A Walk•The•Talk® Production Benefiting
the San Francisco AIDS Foundation,
Bay Area AIDS Service Organizations,
and Treatment Access Efforts in the
Developing World



The National AIDS Marathon is being
conducted for charitable purposes by
Walk•The•Talk Productions, a
Commercial Fundraiser registered
with the California Attorney General
pursuant to Section 12599 of the
Government Code.

If you have any questions,
give us a call at **510.451.4800**, or
visit us online at **aidsmarathon.com**



Place
37¢
Stamp
Here

**National AIDS Marathon[®]
Training Program**

2201 Broadway, Suite 103
Oakland, CA 94612

Learn more about the National AIDS Marathon Training Program

- ☐ Yes, I will attend the free
informational meeting I have
checked at right. →
- ☐ Sorry, I cannot attend a meeting.
Please contact me.

SAN FRANCISCO

San Francisco AIDS Foundation
995 Market Street, Second Floor
(@ 6th Street)

- Thursday, January 20 @ 6:00 pm
- Sunday, January 23 @ 2:30 pm
- Monday, January 24 @ 6:00 pm
- Thursday, January 27 @ 6:00 pm
- Sunday, January 30 @ 2:00 pm
- Thursday, February 3 @ 6:00 pm

EAST BAY

Concord

Planned Parenthood
2185 Pacheco Street

- Tuesday, January 25 @ 6:30 pm

Fremont

American High School
36300 Fremont Boulevard

- Tuesday, February 1 @ 6:30 pm

Oakland

AIDS Marathon Office
2201 Broadway, Suite 103
(Enter from back of building on Valley Street)

- Saturday, January 22 @ 10:00 am
- Wednesday, January 26 @ 6:30 pm
- Sunday, January 30 @ 2:00 pm
- Wednesday, February 2 @ 6:30 pm

PENINSULA

Burlingame

Hyatt Regency SF Airport
1333 Bayshore Highway

- Monday, January 31 @ 6:30 pm

E-Mail Address (very important)

Home Phone

Work Phone + Ext.

Cell Phone

Ph 510.451.4800 | FAX 510.451.4899 | www.aidsmarathon.com

Is your address correct? Please note any changes.

Attend one of our free, no obligation, Informational Meetings to learn more about the training program.



- View the AIDS Marathon video.
- Get answers to all of your questions.
- Meet the AIDS Marathon staff and other participants.
- Each meeting lasts about an hour.

Please RSVP by completing the attached postcard and mailing or faxing it back.



Informational Meetings

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◀ Mail or fax today! fax: 510.451.4899

San Francisco AIDS Foundation
P.O. Box 426182
San Francisco, CA 94142



National AIDS Marathon®
Training Program

510.451.4800
www.aidsmarathon.com

We can train **you** to complete the
San Francisco
MARATHON OR HALF MARATHON



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Have fun.
Make a difference.

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