

# **Austin Marathon Training: Elite Coaching**

THE REASONS, THE REQUIREMENTS, THE REWARDS!

*Team Rogue Elite is an Austin, TX based non-profit organization with the goal of becoming an Olympic level competitive running team that inspires and cultivates the physical health, emotional well-being, and personal achievement of the youth of Austin.*

*No matter how much talent an athlete may have, reaching that next level is not possible without external resources and support. The success of Team Rogue Elite relies upon both monetary and service contributions that allow the athletes to train and race at the appropriate level.*

## **WHY DOES TEAM ROGUE ELITE NEED FUNDRAISERS?**

World-class athletes do not and cannot work full time. Most of our athletes spend 15-20 hours each week between just running and strength conditioning – that does not include the time required for travel to/from training, proper recovery, sufficient sleep and travel to races.

Funding is necessary to provide travel, race entry, healthcare, massage, nutrition and to assist with day-to-day expenditures that can be hard to cover with a part-time job. Without these things, potential cannot be reached.

## **HOW MUCH DO I HAVE TO RAISE?**

We ask that each participant commit to raising at least \$500. We will help as much as possible with ideas and suggestions for fundraising, and the group as a whole will be able to work together and bounce ideas off of each other. There is a tiered reward system for levels of funds raised!

## **WHAT SORT OF REWARDS ARE THERE?**

**Everyone who joins and commits to raising \$500 will receive:**

- Coaching by the elite athletes
- A customized training schedule
- A complimentary third day of training each week
- A personal elite athlete mentor
- Monthly group social events
- Your own fundraising page on FirstGiving to publicize and track your progress
- Team shirt

**Raise \$1000 and receive all of the above plus:**

- FREE race entry
- Signed & framed team photo

**Raise \$2500 and receive all of the above plus:**

- A full race kit (shirt, shorts, socks and shoes)
- VIP area at race start (private gear check and port-o-let)
- Pre-race talk with elite team and coach Steve Sisson

**Raise \$5000 and receive all of the above plus:**

- VIP race weekend (one night stay in a downtown hotel plus post race brunch)

**Raise \$10000 and receive all of the above plus:**

- A five day/four night trip to the US Track & Field Olympic Trials in Eugene, Oregon in June/July 2012

Additionally, we will offer monthly prizes for the highest fundraiser at the end of each month. Prizes include Trigger point kits, a boat rental on Lake Travis, a Dell computer, free Fluid recovery product, Adidas shoes, and free massage!

**WHAT SORT OF RUNNING EXPERIENCE DO I NEED TO HAVE?**

The requirements for this program are the same as those for the regular Austin Marathon program. Both first-timers and veterans of all paces are welcome, but you must be comfortable with a 5-7 long run on the first day – we build from there.

**CAN I TAKE PART IF I AM TRAINING FOR THE HALF MARATHON?**

We can certainly make that work. Contact us to discuss!