



MEMBERSHIP BENEFITS - 2025*

BENEFIT	ATHLETE	CONTENDER	SUSTAINER	SUSTAINER+	PARTNER
Marathon / Half Marathon / 10k / 5k Training	X			X	2X
Discount on bio-mechanic posture/strength/balance/flexibility assessment	X	X	X	X	2X
Individual run form assessments	X			X	2X
Finish-Line Massage Available (Fall/Winter Season)	X			X	2X
TEAM FX 2025 Technical Training Jersey (One per year with fundraising)	X			X	2X
TEAM FX 2025 T-shirt (One per year)		X	X		2X
TEAM FX Shoe ID tag (One per year)	X			X	2X
TEAM FX Bumper Sticker (One per year)	X	X	X	X	2X
TEAM FX "One Step at a Time" Wristband (One per year)	X	X	X	X	2X
Quarterly Social Happy Hour TEAM FX MOJO events	X	X	X	X	2X
Seasonal Tour of the SAFE Children's Shelter	X	X	X	X	2X
Quarterly Volunteer opportunities at the SAFE Children's Shelter	X	X	X	X	2X
Chances to win fundraising prizes (Raffle drawing in February)	X	X	X	X	2X
Invitation for 2 to Free Pre-Race Pasta Dinner (Fall/Winter Season)	X	X		X	2X
Invitation to After-Marathon Celebration Party (February) – Dinner Tickets for sale	X	X		X	2X
Team FX Quarterly General Mailing List Update Email	X	X	X	X	2X
Team FX Weekly Active Member Update Email	X	X		X	2X
Massage, Personal Trainer, & Chiropractor discounts throughout training season	X	X		X	2X
Clean, indoor VIP team reception close to the start/finish line (Fall/Winter Season)	X			X	2X
Virtual interactive stretching & core exercise classes	X	X	X	X	2X
Coaching seminar sessions:	X	X		X	2X
Fundraising	X	X		X	2X
Running Trail Rules & Etiquette	X	X		X	2X
Posture Reset	X	X		X	2X
Stretching	X	X		X	2X
Core Exercises	X	X		X	2X
Basic Injury Prevention	X	X		X	2X
General Nutrition	X	X		X	2X
Mental Preparedness I - Saying YES	X	X		X	2X
Safe Walking and Running Warm-Up and Cool-Down	X			X	2X
Proper / Safe Shoes & Gear	X			X	2X
Proper / Safe Running & Walking Form	X			X	2X
Mental Preparedness II - Tricks for the Long Run	X			X	2X
Speed	X			X	2X
Nutrition for Endurance Training	X			X	2X
Hill Training	X			X	2X
Race Day Preparedness	X			X	2X
Post-Race Recovery	X			X	2X

* Benefits applicable as they are available and may change without notice.