



***** PLEASE READ FULLY AND CAREFULLY BEFORE SUBMITTING ANY PAYMENT. *****

TEAM FX is a diverse group of socially conscious men & women, originating from the Austin film community, who partner with local business leaders to help end the cycle of child abuse, neglect and exploitation in our own community. We do that by training to run a Full Marathon, to run or walk a Half Marathon, 10K, or 5K, or simply improving our strength and mobility, while generating awareness and raising funds for our local children's shelters. Our target goal for our 20th Anniversary is \$210,000. Since our 2006 debut, we have completed training for 19 years of races, awarding a total of 381 race medals, while spreading the word and raising over \$790,000 for these children in need.

OUR VISION: CREATING A WORLD WITHOUT CHILD ABUSE AND NEGLECT ... ONE STEP AT A TIME!

THE TEAM FX COMMUNITY – We are here as an audacious example of the challenges and rewards that can be achieved when we liberate the highest potential of our minds, our bodies and our spirit. We are unified in our vision, our goals and our commitments. TEAM FX members are seen for who and where they are but labeled only as HEROES and are treated as such. We are fast and slow, strong and weak, rich and poor, professional and amateur, thin and obese, young and old, republican and democrat, black and white, gay and straight, all gender identities ... and all the amazing perfectly-made varieties of humans out there. We are all simply heroes bringing our uniqueness and highest potential together to become true neighbors, to benefit the well-being of ourselves and our community.

SAFE'S CHILDREN'S SERVICES - Since 1984, SAFE (Stop Abuse For Everyone) has provided high quality services and care for children in crisis. It has been the dedication of leadership and staff, and the tremendous support of donors, volunteers and the community at large that has given SAFE the ability to make a significant and positive difference in the lives of literally thousands of children who have suffered life-threatening abuse, neglect and exploitation. We believe that we cannot turn our backs on our most valuable, and most vulnerable resource, our children. TEAM FX has a close relationship with SAFE, and we are extremely grateful for the meaningful work they do in our community. Each member commits to raising a set donation amount for their local shelter (depending upon their specific membership), which is 100% tax deductible for the donors and will go 100% directly to SAFE. We provide individual online fundraising pages and offer thorough guidance and support on how to effectively and joyfully meet their fundraising deadlines and goals. It's a great, easy program designed for team support and success!

THE EVENTS - Started in 1992, the Austin Marathon, Half Marathon & 5K attracts around 20,000 runners to Austin from across the world, from Olympic-qualifying elite athletes to first-time novices. The course is a 26.2-mile (or 13.1-mile or 5K) loop around the city that originates and finishes on Congress Avenue in downtown Austin, complete with live bands along the course. In the Spring, we participate in the Capital 10K, Texas' Largest 10K. For our summer race, we train for and participate locally in our own virtual 10K.

ABOUT OUR PROGRAM – We offer three training seasons that dovetail nicely into one another: SPRING > SUMMER > FALL/WINTER. Within those seasons, we offer three levels of membership: ATHLETE, CONTENDER, and SUSTAINER. Join for a season or get the benefits year-round for the best value. You can train for a scheduled race or simply join in with your own goals to keep up your general activity and mobility. We teach injury-free training in a safe, non-competitive, non-judgmental environment, stay present with our personal goals, celebrate our weekly progress, and support each other along the way.

Each member receives many benefits with their personalized training (listed below) at a competitive low cost and commits to raising a set amount of funds for abused, neglected and exploited children. We are all about being safe, reaching high, making a difference and having fun.

Anyone at least 16 years of age (by race day) who is in reasonably good physical health can qualify to join us for any of our race training programs: RUN a FULL MARATHON, RUN or WALK a HALF MARATHON, RUN or WALK a 10K or 5K, OR simply train up to a basic level of fitness and mobility without training for an actual race. Ages 16-17 (by race day) may join if an adult joins with them. We are a diverse group with various athletic backgrounds, and so some will train faster than others, but this program is designed to accommodate the very beginner as well as the seasoned athlete. We start slowly and then gradually ramp up strength, flexibility, endurance and agility over several months, enough to be ready to make it across the finish line on race day. We are not competitive, nor professional athletes. We just want to connect higher and reach our own goals.

While our coach has run 21 marathons injury-free, and our team has 19 years of a highly successful experience with training for events like this, we do not profess to be "certified" personal trainers. We have learned from professionals and from our own long-term experience and are happy to share the benefits of what we've learned and also get you connected with the best and most current information and professional resources along the way. To date, 100% of all TEAM FX members who have made it to the start line of their race have also made it to the finish line!

ENDURANCE RACE TRAINING – There are great rewards AND great risks in training for such extreme events. Our program gives you all the information and support you need to get to the finish line safely, whatever your distance goal. Each season has its own different feel and demand. We're continually adapting to make our training thorough and effective for a variety of personal goals.

Our longer distance trainings are on Saturdays, meeting afterward for stretches and then breakfast. Each team member is required to do trainings on their own on Tuesdays & Thursdays. The weekday trainings are never more than an hour, but a 20-minute stretch session is required after each training in order to stay injury-free. Virtual Stretch and Core Strengthening sessions are available, as well as videos for following on your own time.

Members will be provided information by email each week for each Saturday training, as well as be kept up to date on announcements and pertinent team and training information. Keeping up with information in these weekly email updates is crucial to your success.

OUR MEMBERSHIP LEVELS – We have something for everyone who wants to step higher into their potential and make a difference in their community. All levels get respective amenities detailed in the list below, are welcome to participate in all of our social events, and agree to commit to fundraising for their local shelter for abused, neglected and exploited children. Let us know where you are on your path and what journey you wish to take with us, and we'll get you started!

ATHLETES
CONTENDERS
SUSTAINERS
PARTNERS

Members who wish to walk or run and follow a training calendar to achieve any of our season races.

Members who want options to participate and be socially involved but don't want to train for a race.

Members who wish to contribute to Team FX as individuals, but don't want to train or fundraise.

Members who wish to contribute to Team FX as businesses and get promoted through our CSR marketing.

OUR TRAINING SEASONS – While anyone can start and train up to their own specific goal at any time of the year, each particular season offers its own particular flavor, intensity, and distance goals as desired. Walk or run. Train for a race or set your own goals! Join for a season or for the best value, join for the whole year!

- SPRING** [LATE FEBRUARY > EARLY APRIL]: a fun, low-intensity, but quick 6-week ramp-up in the cooler Spring season from 1 mile to a 10K (6.21 miles).
- SUMMER** [MID-APRIL > LATE JULY]: a steady, but more intense 13-week program that dovetails off the 10K, keeps us active in the Summer, and ramps us up to achieve a 10K, but train with us for any distance.
- FALL/WINTER** [EARLY AUGUST > MID- FEBRUARY]: a slow-paced and gradual 28-week schedule, suited for all athletic levels, including beginners to start at zero and achieve a 5K, 10K, Half Marathon or Full Marathon.

OUR COMMUNITY PARTNERS, SERVICE PROVIDERS & RAFFLE DONORS – This team is a true example of local social awareness and action. The success of our program depends on the gracious generosity of local business leaders who care about the children in their community, and they are very grateful for the opportunity to be involved with us. In exchange for their generosity, they receive many benefits and we promote them as much as possible, so you'll see their logos and links on our website, jerseys, and banner. We can't thank or talk about them enough! You can help! Visit their sites, spread their kindness, and if you know a local business that may be interested in partnering with us or offering a service or raffle prize, please have them contact us!

YOUR TEAM FX MEMBERSHIP INCLUDES*: *(subject to change)*

***(NOTE: Race registration fees are NOT included in Team FX Membership.)**

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| Marathon / Half Marathon / 10K / 5K Training | Opportunities to participate in SAFE volunteer days |
| Discount for bio-mechanic strength/flexibility assessments | Chances to win fundraising prizes |
| Individual run form assessments and coaching | Pre-Race Pasta Dinner/Banquet for 2 (FALL/WINTER) |
| Weekly coaching seminar sessions | Massage discount |
| TEAM FX Shoe ID tag (one per year) | Indoor, secure staging near start/finish (FALL/WINTER) |
| TEAM FX Bumper Sticker (one per year) | Finish-Line Massage (FALL/WINTER) |
| TEAM FX Technical Running Jersey (one per year) | Invitation to After-Marathon Celebration Party |
| Social happy hour TEAM MOJO events | (FALL/WINTER) - Meal tickets sold separately |
| Tour of the SAFE campus | |

SEASON-APPROPRIATE COACHING SESSIONS INCLUDE:

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|---------------------------------|----------------------------------|----------------------|
| Running Trail Rules & Etiquette | Proper/Safe Running Form | Hill Training |
| Safe Warm Up & Cooldown | Injury Prevention | Race Day Preparation |
| Stretching | Mental Preparedness | Post-Race Recovery |
| Core Exercises | Fundraising | |
| Proper/Safe Shoes & Gear | Nutrition for Endurance Training | |

GUEST SPEAKERS (FALL/WINTER SEASON) INCLUDE (depending on availability):

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|------------------------------|---------------------------------|---------------------------------|
| Professional Nutritionist | Professional Massage Therapists | Professional Physical Therapist |
| Marathon Race Representative | Professional Chiropractor | Professional Personal Trainer |

ATHLETES ARE EXPECTED TO PROVIDE THEIR OWN:

- New, custom-fit run training shoes.
 - Discounted professional bio-mechanical assessment at the beginning of the season.
 - Comfortable, dry-fit running attire, including shorts, shirts, and socks for all weather situations.
 - Digital Chronometer (water-proof watch with timer).
 - Personal water bottle and belt for carrying water and nutrition supplements during run.
 - Nutritional supplements, including electrolyte hydration, protein recovery drinks and carbohydrate supplements.
 - Soft, flat, cushioned surface for stretching (yoga mat, thick towel, etc.).
 - Plan to pay for at least two discounted massages during the Fall/Winter season for injury prevention.
 - Race Registration.
- ... and please plan to generously tip for massages, carpools, pasta dinner, and after party dinner.

MEMBERSHIP COSTS & FUNDRAISING REQUIREMENTS –

Registration to TEAM FX can be made online with several payment options, based upon the membership level and the duration of the membership chosen. Check the current rate sheet on the website for the latest rates and relative fundraising requirement for the period registered. Registration is complete only by filling out our simple intake questionnaire, signing a fundraising commitment for your local children's shelter, signing a waiver of liability, and making payment to TEAM FX. **PLEASE NOTE BEFORE PAYING THAT THERE ARE NO REFUNDS!**

PARTICIPATION - Upon registration, all members will be required to sign up for a simple team crew task and a volunteer day at the shelter for that training season. The sooner you join, the more options you have to choose from!

Check out our website at www.teamfxaustin.org or contact us with questions or for any additional information:

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WE LOOK FORWARD TO HAVING YOU WITH US!