

# YES!

Please send me more information about the  
**JOINTS IN MOTIONS**  
Training Team

PLEASE MAIL TO  
THE ADDRESS BELOW  
OR FAX TO (916) 368-5596  
OR CALL  
(916) 368-5599 or 1-800-571-3456

**DUBLIN CHALLENGE**  
**TEAM CALIFORNIA**  
**YEAR 2000**  
**DUBLIN, IRELAND**

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_  
State: \_\_\_\_\_  
Zip: \_\_\_\_\_  
Home Phone: \_\_\_\_\_  
Work Phone: \_\_\_\_\_  
email: \_\_\_\_\_



Northeastern California Chapter  
3040 Explorer Dr., Suite 1  
Sacramento, CA 95827-2729



**DUBLIN CHALLENGE**  
**TEAM CALIFORNIA**

**JOINTS IN MOTION**  
**TRAINING TEAM**

**TRAINING**  
Join the team and receive personalized training to run or walk a marathon.

**TRAVEL**  
Journey to an exciting location and participate in a world-class marathon.

**TRIUMPH**  
Reach your goal and make a difference in the life of someone with arthritis.



# ARTHRITIS FOUNDATION

The mission of the Arthritis Foundation is to support research to find the cure for and prevention of arthritis and to improve the quality of life for those affected by arthritis. Nearly 43 million Americans have arthritis, including thousands of children and babies.

Contact us at [www.arthritis.org](http://www.arthritis.org)

## TRAINING

Our coaches realize that each participant is different. With this in mind, there will be training schedules for beginning, intermediate and advanced level walkers and runners. Each will be personalized to meet your current fitness level and will include individual runs, group training events and road races.

## MARATHON INFORMATION

### Dublin, Ireland Marathon Year 2000

Cool running temperatures mixed with warm enthusiastic spectators have earned this marathon the international title of THE FRIENDLY MARATHON!

*Fundraising Goal = \$3,500*

## JOINTS IN MOTION TEAM MEMBERS EACH RECEIVE:

The only responsibility of the participant is to raise funds for the Arthritis Foundation in honor of someone with arthritis. The money raised from this program will support the Arthritis Foundation's research programs and patient services. A complete fund-raiding packet is provided for each participant.



- Round-trip airfare to the marathon
- Hotel accommodations
- Inspiration in a group training environment
- 20 week training program tailored to you fitness level
- Entry into the marathon
- Joints In Motion marathon pasta party
- Fund-raising support and materials
- Joints In Motion apparel
- Nutrition and injury prevention counseling
- Fun group parties
- Friends that will last a lifetime!



At age 19, Steve LaRue was diagnosed with psoriatic arthritis. At age 31, he's had 13 surgeries including three joint replacements. As part of the Joints In Motion Training Team, Steve participated in the 1998 Dublin, Ireland Marathon, walking on crutches. Steve's determination and motivation is an inspiration to every Joints in Motion team member and the nearly 43 million people with arthritis.

# JOINTS IN MOTION TRAINING TEAM

DUBLIN CHALLENGE  
TEAM CALIFORNIA