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AIDS Foundation of Chicago Launches New Endurance Training Program to Support the Fight Against AIDS (and Your New Year's Resolutions)

TEAM TO END AIDS endurance training program now open for registration

CHICAGO – With New Year's fitness resolutions in the air, the AIDS Foundation of Chicago (AFC) today officially launched TEAM TO END AIDS, a new endurance training program that includes marathon, half marathon and triathlon coaching. Beginners and experienced athletes can register today at: **T2EA.com**

In a few months, TEAM TO END AIDS (T2 for short) can train you to complete a marathon, half marathon or triathlon, even if you've never trained before. T2 replaces the Chicago arm of the National AIDS Marathon Training Program, which had trained participants to complete a marathon or half marathon and raise money in support of AFC.

Since 2003, AFC has netted more than \$4 million through the Chicago AIDS marathon training program. The funds support housing, case management, prevention and policy programs that advance the agency's mission to end new HIV infections and improve the lives of people with HIV/AIDS.

Funds raised through T2 will continue to support the life-saving work of AFC, which will mark its 25th year in 2010.

"AFC is proud to have served as a beneficiary of the National AIDS Marathon Training Program for the past seven years and enormously grateful to all the runners and individual supporters who helped make the program a huge success over the years," said AFC president/CEO Mark Ishaug. "We look forward to having former participants as well as first-timers take part in T2 program. Many have already expressed interest in the triathlon training, something we hadn't offered before."

Whether you're a beginner or a veteran of endurance challenges, T2 will prepare you to go the distance and raise money to help fight AIDS. Simply choose your challenge – marathon, half marathon, or triathlon – and T2 staff will be with you each step of the way providing professional fundraising, training and nutritional support.

T2 offers a five-month marathon and three-month half marathon training program. In addition, T2 has partnered with TriMonster and Fitness Formula Clubs to provide a complete four-month triathlon training program, including full access membership to a Fitness Formula Club (choose from five participating locations).

The T2 program registration fee is \$95 and each participant will be asked to meet a fundraising goal. Training for all three events begins May 8, 2010. All levels of experience are welcome.

"Like most people who have completed this program, I can personally say that it has been life-changing," said Katie Wargula, a T2 marathoner. "Each participant is able to do something they never thought possible: help save lives and have fun in the process. It doesn't get any better than that!"

Get fit. Have fun. Make a difference. Register today at **T2EA.com** or call **312-725-T2EA (8232)**. Find us on **Facebook** by searching "Team To End AIDS," on **Twitter** at twitter.com/t2ea or connect with us via your **mobile phone** by texting "T2EA" to 30364.

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