FITNESS FACTS

Run For Your Life—In Fabulous Locations

You can help improve your own health and that of others when you join a team marathon training program that fights stroke.

(NAPSA)—By putting in some time and effort, many Americans are getting a chance to help run stroke out of town—and take a fabulous trip themselves.

It's done by signing up for a team marathon training program benefiting the American Stroke Association, a division of the American Heart Association. Train To End Stroke is about reaching personal fitness milestones while helping the men, women and children who have experienced a stroke.

Most program participants have never run a marathon. The five-month program provides experienced coaching on how to complete a marathon or half-marathon event. Participants also get nutrition and training clinics along the way and team social events.

Participants agree to raise a minimum amount of funds to benefit stroke research and educational programs. They get a fund-raising handbook that includes sample letters and event ideas.

At the end of the program, teammates fly to either Negril, Jamaica on December 8, 2001 or Walt Disney World Orlando, Florida on January 6, 2002, where they will either run or walk in a world-class marathon. More dates in other fabulous locations for this bi-annual event are being scheduled for Spring 2002. The American Stroke Association pays for transportation, accommodations, pre-marathon pasta dinner and post-marathon victory party for every individual who has reached his or her personal training and fund-raising goals.

Stroke is the third leading cause of death in the U.S. and a leading cause of severe, long term disability. Every 53 seconds, someone in America has a stroke. The American Stroke Association funds research and educational programs for stroke.

Registration for the Jamaica and Orlando marathons is through mid-July at 36 American Stroke Association participating training sites across the nation; by calling 1-888-4-STROKE; or online at www.StrokeAssociation.org.