



LEUKEMIA &  
LYMPHOMA  
SOCIETY

**TEAM IN  
TRAINING**

**Betty Navarro**

**Fundraising Team Events**

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Welcome to Team in Training, my name is Betty and I will be assisting in planning team fundraising events. I will guide you through the Spring Season and make this experience more wonderful.

This is my fourth season with TNT. Last year I ran the LA marathon 5K on my own, thinking I was “fit” enough to run without training, I finished; but I couldn’t walk for two weeks. Soon after emails started to fill up my inbox with information on more races and by chance came across TNT and decided to give it a try but mostly train, learn and do it all injury free. Raising money for The Leukemia

and Lymphoma Society was an added bonus, because I got to do something for a great cause and raise awareness while making a difference in someone’s life. I was also surrounded by a bunch of self-motivated people that I can proudly call my teammates!

**GO  
TEAM!**

Since last March I have completed the LA Marathon 5K, Keep LA running 10K, 2010 & 2011 Disney Half-Marathon, Surf City Half-marathon, LA marathon, Nike Women’s Marathon, and the Los Angeles Rock N Roll Half-marathon and look forward to many more experiences on my journey with TNT.