



LEUKEMIA &
LYMPHOMA
SOCIETY

**TEAM IN
TRAINING**

Julie Thompson

Assistant Captain

sngncpa@aol.com

Welcome to Team in Training!

I am so excited you have decided to take this journey with us. I can guarantee you that this will be one of the best experiences of your life!

My name is Julie Thompson and this is my sixth season with Team in Training (TNT). I completed my first half marathon in January 2009 with TNT and I enjoyed my experience so much that running for this incredible cause has become a part of my life. I have served previously as both a Mentor and as our Mission Captain but I decided to come back as Assistant Captain this season to help you, encourage you, and support you in any way I can.

I promise you we will accomplish our goal one mile at a time. If I can do it, so can you! Trust me on this!!! I came to the track with years of dance experience, not running experience, but my coaches and mentors taught me correct technique and supported

me with every step and I hit my goal with no problem. All I needed to bring with me was a positive “can do” attitude and they helped me with the rest.

There are many reasons I got involved with TNT, but I am incredibly passionate about the Leukemia & Lymphoma Society’s mission to raise funds to fight and find a cure for blood cancers and to assist patients and families currently battling this disease. I lost both my Mom and Dad to Leukemia so as you can imagine, I want to continue to do all I can to support the cause through fundraising of my own and support of participants who have the same passion that I do.

**GO
TEAM!**

Together we are making a difference, one step and one dollar at a time! That in and of itself is AMAZING! Let’s have an incredible season! We can accomplish anything we put our mind to so let’s raise thousands to fight blood cancer and have a blast doing it!