



LEUKEMIA &  
LYMPHOMA  
SOCIETY

**TEAM IN  
TRAINING**

**Coach Lisa De La Vega**

**Assistant Run Coach**

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My name is Lisa de la Vega. This Spring Season will be my 5th season with Team in Training and I am proud to be returning as the Assistant Run Coach!

My journey with Team In Training started in the winter of 2009, when I decided to fulfill a lifelong dream of finishing a marathon. Although I had been active my entire life, I had never ever run more than 3 miles when I started with TNT. In fact, it was pretty safe to say that I hated running. But after TNT's incredible training week after week, I got hooked. And in the short 2 years that I have been running, I have already completed 24 endurance events (including 8 5k/10k's, 11 half marathons, and 5 full marathons ...and I have 6 more races before the year's end!) OK...so I got a little more than hooked. ;)

So, as you can see, even if you have never walked more than 2 loops at the

local mall, we will help you get through it. We are here to support you and to help you achieve what will honestly be the most rewarding experience of your life.

And just to let you know...my favorite things about TNT are:

1. Knowing that with every step you take you are truly helping to save lives.
2. Knowing that with every step you take you are helping to improve your OWN life.
3. Meeting and getting to know the finest friends the world could offer.
4. Getting up really, really early every Saturday morning instead of sleeping in.

OK...so #4 is a lie. But, I promise you, the first Saturday you sleep in after crossing your first finish line will be the sweetest sleep you will ever have!

**Can't wait to meet you all this season!**

**GO  
TEAM!**