



Sevathon 2010

July 18, Baylands Park, Sunnyvale

*"Running is the greatest metaphor for life, because you get out of it what you put into it."
Oprah Winfrey*

Get Involved! Just follow these Steps!

STEP 1: Register!

Millions of people across the globe face hunger, poverty, and literacy issues. A majority of these causes can be supported and Sevathon provides a platform to make a difference.

We all have a cause that we strongly believe in. Support your cause by walking or running at www.indiacc.org/sevathon

Registering to run/walk the 5K/10K or 1/2 marathon is quick & easy.

	<u>Online</u>	<u>Paper</u>
Registration Price (5K/10K)	\$25 < July 12 \$35 Race Day	\$25 < July 5 \$35 Race Day
Registration Price (1/2 Marathon)	\$40 < July 12 \$60 Race Day	\$40 < July 5 \$60 Race Day
Group Discount (5K/10K Only)	None	\$20/person when registering 5 or more
Registration Charges	Yes	None
Eligibility for age bracket award timing	DOB* Required	DOB Optional (Opt out of timing)
Confirmation	Via E-Mail	
Registration Form	[1]	[2]

*Date of Birth

[1] Go to www.indiacc.org/sevathon/register

[2] Download at <http://www.indiacc.org/pdfs/Registration.pdf>

STEP 2: Pledge!

Done registering? Perfect! The next step is to Pledge! Every non-profit receive 50% or more of the registration fees, but we need your help to raise funds per kilometer, per mile as one lump sum.

Please ask your friends and family to support you as you support a local Bay Area non-profit, by pledging to raise money.

www.indiacc.org/sevathon/pledge

STEP 3: Train!

Need to get toned and fit for the big day? No problem, we have plenty of **free** training opportunities from now until July 18 at various Bay Area locations. Contact sevathontraining@yahoo.com for more information.

Date	Time	Place
Sun 06/13	9 am-10:30 am	Sports Basement 1177 Kern Ave. Sunnyvale
Tue 06/15	6:15 pm-7:45 pm	
Sat 06/19	7 am-9 am	Mountain View High School

Training Tips!

Plus! Here are a few tips for beginners!

- Start by walking for thirty minutes until it feels easy
- When normal walking becomes easy, walk briskly for thirty minutes
- Then, insert a few "jogs" along with your walk
- Increase the running segments as you feel stronger! Increasing the time gradually will help you on your way to the big day!

STEP 4: Volunteer

Sevathon is a massive endeavor and any level support from you is crucial! Currently we need volunteers for sponsorship, publicity (flyer/poster distribution). Email us at sevathon@indiacc.org to sign up.

