

FAST FACTS: OAR's *RUN FOR AUTISM* and DCFit

The Organization for Autism Research (OAR) has partnered with DCFit to offer 10K, half marathon and marathon training for participants of the *RUN FOR AUTISM*, OAR's charity running program. DC metro area participants in OAR's *RUN FOR AUTISM* program committed to raising \$500 or more for autism research are eligible for complimentary training with DCFit.

Benefits to joining the *RUN FOR AUTISM*:

- Complimentary training for DC area runners committed to raising \$500+
- *RUN FOR AUTISM* t-shirt
- Specially designed race shirt
- Fundraising and training assistance from the full time *RUN FOR AUTISM* staff
- *RUN FOR AUTISM* Newsletter
- Complimentary invitation to pre-race Runners' Recognition Dinner
- Hospitality at the OAR tent in the Finish Line Celebration/Charity Village

Benefits to training with DC Fit:

- Access to experienced coaches
- Weekly training runs in Northern Virginia, DC, and Maryland
- Day-by-day training schedules
- Informational seminars with experts in running, race preparation, nutrition, hydration and gear
- Fun activities for participants
- Team support and camaraderie throughout the training process

Training locations:

NOVA: Benjamin Banneker Park in Arlington (East Falls Church Metro)

DC: East Potomac Park (Haines Point) Golf Course Parking lot

MD: Bethesda at the top of the Capital Crescent Trail next to the Honda dealership

To Register:

To register for the Marine Corps Marathon, Marine Corps 10 or another OAR event, go to www.firstgiving.com/OAR and select the event of your choice. Pay the required entry fees to complete the registration process and create your personal fundraising page.

To register for training, go to www.dcfite.net and click the "online registration" button on the top right hand side of the page. Select the "Run for Autism" registration option, pay the \$1 processing fee and start attending training when it is convenient for you.

More Information:

Visit www.researchautism.org and www.dcfite.net for more information. You can also contact us at DCFite@researchautism.org or call *RUN FOR AUTISM* Coordinator Julia Hornaday at 703.243.9712.