

JIMMY FUND WALK

YOUR WAY

6-WEEK, 10K WALK (6.2 MILES) TRAINING SCHEDULE

Training schedules proudly brought to you by **SBLI**[®] Insuring Lives. Protecting Families.[®]

ABOUT THE JIMMY FUND WALK

The Boston Marathon[®] Jimmy Fund Walk presented by Hyundai raises the most money of any single-day walk in the nation and has raised more than \$150 million for Dana-Farber Cancer Institute's fight against cancer since 1989. In 2020, more than 6,000 participants raised more than \$6.1 million.

Lace up your sneakers and walk: *Your Way* on **Sunday, October 3, 2021!**

TRAINING PROGRAM

Participation in the Boston Marathon Jimmy Fund Walk training program (the "Program") is entirely voluntary. By participating in the Program, you represent and warrant that you are physically fit and healthy to participate in the Program. You agree to use good judgment in all aspects of participation in the Program, to behave appropriately, and to comply with the rules for participation, if any. Participation in the Program may expose you to certain risks, which may include, but are not limited to, injury, illness, death, and damage to self and/or property, whether from exertion, weather conditions, the conditions of the course, vehicular traffic, and contact with other individuals or participants. Participants in the Program assume and take full responsibility for any and all risk of harm, injury, illness, death, or damage to self and/or property that may occur in connection with participation in the Program.

In consideration of your participation in the Program, you hereby, for yourself, and on behalf of your heirs, executors and assigns, waive, release and forever discharge Dana-Farber Cancer Institute ("DFCI"), DFCI's affiliates, and their respective officers, trustees, employees, sponsors, coordinating groups, volunteers, representatives and agents, and all others in any way associated with the Program (collectively, the "Released Parties") from any and all liability, claims, damages or rights of action of whatever nature or description, in equity or at law, present or future, resulting from or relating to your participation in the Program. This means that you will not sue DFCI or any of its affiliated persons or entities, or try to hold them legally or financially responsible, for any harm or injury that might relate to your taking part in the Program.

By participating in the Program, you hereby attest that you have read, fully understand, and agree without exception to all the provisions, releases, and waivers outlined herein. You understand that this is a legally binding document that limits the legal liability of the Released Parties.


FOR MORE INFORMATION:

Contact: Jimmy Fund Walk Staff at
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PH: 866-531-9255





OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sept. 26	Sept. 27	Sept. 28	Sept. 29	Sept. 30	Oct. 1	Oct. 2
REST	REST	2 MILES in 40 minutes Easy	REST	1 MILE in 18 minutes <i>Moderate</i>	1 MILE in 20 minutes <i>Easy</i>	REST
3	4	5	6	7	8	9
						
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30