



It's a day when fitness, exercise and community are about something more than who's across the finish line first....it's a journey of **moments** that will challenge, inspire and change you!

Challenge yourself to change the course of Lupus the disease by signing up to be a **TEAM LUPUS**

runner. Go the distance in the fight against this devastating disease by training for and completing this event while raising valuable funds to continue our local programs, services and support of Lupus research.

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There are four ways you can help us accomplish our goal:

1. Make a general donation go to

2. Sponsor an existing **TEAM LUPUS** Team Member by either typing in their name or click "Search" to review all of all of the fundraising pages and choose the one that speaks to you ... and make a donation to their page

3. Be a **TEAM LUPUS** Team Member and RUN with us on our **TEAM LUPUS** Running Team! All you have to do is personally raise \$500 - not only will you get the satisfaction of knowing you have helped the local Lupus organization continue their programs and services, but you will also get a really cool

### **TEAM LUPUS**

Race shirt. Call the Lupus office and speak with Hollaine, she will get you registered for the race.

Then Click on



“Become a Fundraiser” to create your own fundraising page! That's it! Now all you have to do is start training so you can make sure you finish your race! Thank you for getting into the Loop for Lupus.

4. You can still be a **TEAM LUPUS** Team Member even if you don't or are unable to run – become A **VIRTUAL RUNNER**. We welcome you to the Team, but the same rule applies ... you must personally raise \$500. You still get the really cool **TEAM LUPUS**

Race shirt! Call the Lupus office and speak with Hollaine, she will get you registered for the race. Click on “Become a Fundraiser” to create your own fundraising page!

5. If all you have is time and no money and you would still like to help us on the day of the event, please register as a **VOLUNTEER**. Go to CarlsbadMarathon.com, [Click Here](#) go to the bottom of that screen where it says to register as a volunteer look for the Lupus Foundation and register to volunteer on the Lupus Mile.

For more information about the Lupus Foundation of Southern California or being part of the **TEAM LUPUS**

Running Team please contact Hollaine at [info@lupussocal.org](mailto:info@lupussocal.org)

## **Carlsbad Marathon 2014**

Written by Hollaine Hopkins

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. or call (858) 278-2788.

GET INTO THE LOOP FOR LUPUS

Thanks again for your generous support of our efforts!