



Marathon Training Program Presented by:



INFO SESSION TO BE HELD ON **OCTOBER 5 AT 5:45PM** AT FLEET FEET
FOLLOWING THE INFO SESSION DISCOUNTS WILL BE AVAILABLE FOR
MEMBERS OF THE PROGRAM

Quick Facts:

When: Program begins Sunday October 23 at 8:30 AM
Where: Long Branch Park
How much: \$150
Who: Anyone who can complete a 10 mile run
Why: To help you complete a marathon!

Goals

- To train for a marathon.
- To improve endurance to complete a marathon.
- To run a personal best time.
- To have fun!

Participants

- This program is designed for anyone who can run 10 miles and graduates of our Half Marathon Program.

- You must be at least 18 years old to join or have a parent sign your registration and train with you.
- You must have an email address that you can check regularly. It is a crucial communication tool for this program.

Program Overview

For your \$150 registration fee you will get the following:

- A complete 12-week training program that will help you complete a marathon.
- Coaching and support. We will maintain a ratio of one coach for no more than 15 participants.
- Two weekly workouts: one on Sundays at 8:30 AM at Long Branch Park and one on Tuesday evenings 5:45 PM as part of Fleet Feet's Dusk runs on the Erie Canal, these runs will start at the canal parking lot on Butternut Drive next to the town of Dewitt town hall. In addition to the weekly workouts, you will be expected to go out at least twice a week on your own.
- A team tech shirt to wear on race day.
- Please be aware, runs during this program will take place in cold, dark and possibly slippery conditions. For our Tuesday runs we require that participants wear reflective clothing and a head lamp. We plan to run at every session, but if weather is potentially dangerous, you can stay home at your discretion. Please check email before coming to the run.

Sunday Group Run

- Group runs will take place on Sundays, starting on October 23. The runs will take place at Long Branch Park in Liverpool. To get there, take 690 to John Glenn Blvd. and make a right onto Long Branch Rd. The park will be on your left. We will be running primarily on the paved trails along Onondaga Lake. The path has mile makers which we will use during our workouts and we will not have to worry about vehicular traffic running in the park.
- The runs will begin at 8:30 AM and you should expect to be there for between an hour and an hour and a half.
- Water will be provided, but you are encouraged to bring your own drinks.
- Bring a towel to sit on during group stretching and core exercises after the run.
- Bring a sweatshirt or extra jacket to put on after the run.

Dusk Run

- We will meet on Tuesday evenings as part of Fleet Feet's "Dusk" runs. We will meet at 5:45 PM at the canal entrance on Butternut Drive next to the Dewitt Town Hall.
- Water will be provided but you are encouraged to bring your own fluids. This will be discussed in further detail at our first run.
- You can expect to be at this run for up to 2 hours, but you will not be running for 2 hours straight at the beginning of the program.

The Goal Event

Many of our participants for this Fall marathon training program are training for the Disney marathon in Disney World on January 8, 2012. However Fleet Feet's marathon training program is not affiliated with this race in any way. If you wish to run Disney Marathon, you must register for this race on your own and provide your own transportation and accommodations.

We will encourage participants to travel in groups but we advise that you arrange accommodations ASAP if you plan to run Disney. Participants can chose any winter marathon and the coaching staff will help to adjust your plan if it is not the weekend of January 8th. To search for marathons in January and February search marathonguide.com Some common winter marathons are run in Houston, Phoenix, Disney, Miami, New Orleans among many others.

Contact Information

Fred Joslyn Half Marathon Coach, Fleet Feet Sports
phone: 315-446-1444
email: fjoslyn@fleetfeetsyracuse.com

Participant Background

Please answer the questions below and return this sheet with your registration form. Your answers will help us tailor the program to your needs.

Name: _____ Age: _____ Gender: M or F

Running Experience: Tell us a little about your previous running experience (if any), including any races you have completed.

Average mileage per week (if any): _____

Number of days per week you run (if any): _____

Longest run you have completed in the last few months (if any): _____

5K Personal Best time (if any) _____

Half Marathon Personal Best time (if any) _____

Injury History: Please describe any history of injuries or significant medical conditions. We strongly recommend you get a physical before you begin the program in order to ensure that you are physically capable of participating. Blood pressure and cholesterol are two key things to get checked.

Other Training/Athletic Activity: Please describe any other types of athletic events, sports and activities besides running in which you currently participate.

Personal Running or Fitness Goals: Please list both some short term and long term goals. These can be personal (such as losing weight), general fitness goals (such as living a healthier lifestyle) and/or running related goals (such as running a marathon one day).

Prior Coaching: If you have had coaching in the past, list some of the good and the not so good aspects of your experience.

How did you hear about the program? (Circle one): Fleet Feet newsletter, newspaper article, newspaper advertisement, from a past participant, from a friend, other: _____

Have you shopped at Fleet Feet before? (Circle one): Yes or No

What brand of shoes are you currently wearing for fitness?

Marathon Training Fall 2011

Name: _____

Phone: _____

E-Mail: _____

Emergency Contact (Name and Phone):

Waiver: I know that running/walking is a potentially hazardous activity. I attest and verify that I am medically able and physically fit to participate in this training program. In consideration of your accepting this entry, I the undersigned intending to be legally bound, hereby for myself, executors and administrators, waive and release any and all claims I may have against Fleet Feet Sports, its employees, volunteers, the Town of DeWitt, the Town of Manlius, Village of Fayetteville, and Green Lakes State Park, Syracuse Parks, Onondaga Lake Park, Erie Canal Park, their representatives, successors and assigns for any and all injuries suffered by me during participation in said training program. I hereby grant permission to Fleet Feet Sports and any other sponsors of this program to use any record containing my likeness for any purpose whatsoever.

Signature _____

Parent (if under age 18) _____