

HALF MARATHON 101 TRAINING PROGRAM



With you every step.

Ready Set Run is offering an 8 week training program. This program is geared to the runner who is currently running 5-6 miles and would like to complete a half marathon. Set intervals of running and walking will be incorporated into workouts to enable you to build strength and endurance to complete your goal race.

When : Group runs will be on Wednesdays at 6:00 pm and Sundays at 7:30 am. This session begins on Wednesday, March 20th, 6:00 pm. Not sure if this program is for you, contact us and we will be glad to answer your questions and explain the program. The program will continue through May and culminate with the Run for the Red Half Marathon on May 19th. **(Registration for race not included)**

Where: All group runs will meet and leave from Ready Set Run, 431 Main Street, Stroudsburg. (This is a closed group and only those who are registered may participate)

Registration Fee: \$95 - Cash or Check made out to Ready Set Run.

Class size must meet minimum amount and is limited.

Registration must be received by March 17th

Registration includes:

- Ready Set Run Technical Tee
- 10% Discount at Ready Set Run
- Certified RRCA Coaching and Group Support
- Detailed Weekly Training Schedule
- Education on Good Running Form, Footwear, Apparel and Hydration

Name _____

Street _____

City _____ State _____ Zip _____

Cell Phone (____) _____

E-Mail _____

Birthdate: mm/dd/yy ____/____/____

Shirt Size: Womens or Mens (S, M, L, XL) _____

I know that running/walking is a potentially hazardous activity. I should not enter a program unless I am medically able and have consulted with my physician. I acknowledge that falls, contact with other participants, the effects of weather, the condition of the path and/or road, traffic on the course, are all risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of my being accepted into Ready Set Run's training program, I, for myself and anyone entitled to act on my behalf, waive and release the Ready Set Run, City of Stroudsburg, coaches, program officials, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these activities even though that liability may arise out of negligence on the persons named in this waiver. I consent to the taking and public use of any photographic or audiovisual images by persons selected by Ready Set Run and waive any right that I may have to copyright, inspect or approve the final project.

Print Name _____

Signature _____

Date _____

Emergency Contact: _____

Phone Number: _____ Relationship: _____

FOR ADDITIONAL INFORMATION:

Visit *Ready Set Run* 431 Main Street, Stroudsburg -

Call (570) 424-6431

E-mail: RSR1@PTD.NET - www.readysetrunpoconos.com

Follow us on Facebook: Ready Set Run