ANNAPOLIS STRIDERS, INC.

50K ULTRA MARATHON TEAM TRAINING PROGRAM

COME JOIN OUR 50K Ultra Marathon Training Program targeting the November 12, 2011 Rosaryville Veteran's Day 50K Ultra Marathon!

1ST SESSION: 7:00 a.m. Sat., July 2, 2011 JONAS GREEN PARK, Rte 450 @ the Naval Academy Bridge.

This **low-key program** will guide the participants from a base of 10 miles through 2 26.2 training runs over 21 weeks. We will start at Jonas Green Park, run to the B & A rail, run the prescribed distance on the trail and return to Jonas Green Park. Occasional "Scenic" route diversions will be planned, including trail runs. Hydration on the trail will be provided, but all participants are encouraged to carry water/hydration. The goal will be for all who complete the program to be able to complete the any 50K, and perhaps "beyond!" A formal training plan will be sent out in May.

Prerequisites: Annapolis Strider membership, <u>prior marathon completion</u>, over the age of 18, and ability to run 10 miles comfortably as outlined above.

Sessions: Weekly: each Saturday at 7:00 a.m. sharp (time will be move back to 6:30 a.m. a few weeks into the program due to increased heat/humidity). Those who can't attend the weekly session should strive to do it on their own. The training program will also provide "on your own" training during the week.

Program Includes: How to build up for the ultra marathon, various pace charts, injury prevention and treatment, running safety, and keeping running fun. Information on appropriate summer running attire and hydration will also be provided. The B&A Trail has generously allowed us to hold this program on the trail.

Cost: **No charge** for Annapolis Strider members. Race Fee payment to 50K and any "training" marathons required on your own. We DO NOT register you for Rosaryville 50K so get your race registration application in early! See membership form/entry blank below.

Registration Instructions: Go to www.annapolisstriders.org and click on "Ultra training." Fill out the form - a separate form is needed for each person. Parents must sign for those under age 18. Mail completed forms by June 15 to Penny Goldstein 2348 Putnam Lane, Crofton MD 21114. After that, bring completed forms to the first session. Make checks payable to the Annapolis Striders. For information, call Bob Cawood – 410-280-2923 rhbc@masoncawoodlaw.com, Susan Noble 410-757-1156 susanmnoble@gmail.com.

Sponsored by the Annapolis Striders a 1,400 + member non-profit organization dedicated to improving health and fitness through distance running. Website: www.annapolisstriders.org.

Directions to Jonas Green Park parking lot: from Annapolis – go over Naval Academy Bridge on Rte 450, turn right just over the bridge and make the first right as if you were going to the Severn Inn. Continue straight into the parking lot for the park. We will check with the Severn Inn to see if we can use their lot as well. Additional parking should be available at the WWII monument. Do not park on the grass or in any unmarked spaces.

ANNAPOLIS STRIDERS MEMBERSHIP FORM 2011 50K Ultra Marathon Team Training Program

2011 50K Ultra Marathon Team Training Program				
TYPE OF MEMBERSHIPNEWINDIVIDUAL \$15; SECO FORM FOR EACH MEMBER) \$3	OND MEMBER IN SAME H	OUSÈHOLD: \$10	; FAMILY (ATTACH	SEPARATE
LAST NAME	FIRST NA	.ME	MI Birthdate	
STREET & NR		CITY	STZIP	
EMAIL	PHONE NUMBER			
First Time Ultra Runne Name, Date and Time	,	,		_
WAIVER AND RELEASE: I recog should not participate unless med source, including, but not limited t traffic conditions- these risks bein acceptance of my application, I, fo Striders, Inc., the Road Runners of and their representatives and suc all claims resulting from liability of Inc., the Road Runners Club of Airepresentatives and successors a injuries that the I suffer as a resulting resulting from Inc.	ically able. I assume the riso falls, contact with particip g known and appreciated bor myself and my heirs and Club of America, all volunte cessors from any and all clarany type arising from my prerica, all volunteers, traingre under no obligation to cat of the Annapolis Striders,	ks associated wit ants, effects of we y me. Having rea- legal assigns, wa ers, trainers coac- aim of any type re- larticipation in this ers coaches and of are for the benefit Inc., the Road Ru	h involvement in this active ather, death, high heat, I d this Waiver Release and ive and forever release the sand directors, all spousulting from their negliger activity. I agree that the directors, all sponsors and of me, and are under no nners Club of America, a	vity from any numidity, road and d considering the lee Annapolis nsors and hosts, nce and any and Annapolis Striders d hosts, and their liability to me for II volunteers,
I acknowledge that exe or death. To reduce the risk of inji healthcare provider for appropriat and exercise program are in no w Annapolis Striders, Inc., the Road liability from and in connection with volunteers, trainers, coaches and any their agents and representative	rcise is not without its risks, ury, before beginning this or e exercise prescription and ay intended as a substitute Runners Club of America, th this activity, and I agree the directors of this program, A	and this or any or r any exercise pro safety precautior for medical consu and its agents and o waive any and	ther exercise program magram, I have been advise is. I acknowledge that the altation. I acknowledge ar d representatives, disclai all claims for negligence a	ay result in injury ed to consult a e training schedule nd agree that the m any and all against the
SIGNATURE OF ENTRANT:			DATE	
SIGNATURE OF PARENT/GUAR	RDIAN IF ENTRANT IS UNI	DER AGE 18		DATE

(MANDATORY)