



Run Wild Missoula Boston Marathon Training

This is an advanced marathon training program designed for runners competing in the 2010 Boston Marathon on April 19. This 16-week training program begins on Monday, Dec. 28, and will take you all the way through race day. If you are running in the Boston Marathon, or will be preparing for another spring marathon- this is the program for you.

Who can sign up? Any age or speed is welcome and encouraged. However, this training is not for beginners; participants must have run at least one marathon, and have a base of 30-40 miles/ week before beginning the 16- week training program.

What you get: Great running companions, a race day singlet, running apparel, expert coaching, 3 group runs a week, aid stations for long runs, post long-run food, and more!

Coaches: Anders Brooker, Hellgate High School Cross Country Coach and Courtney Babcock, University of Montana Cross Country Coach

Group runs: All group runs meet at the Runner's Edge (325 N. Higgins Ave)

Track Workouts:	Tuesday 5:30 pm	coached by Courtney Babcock
Tempo/Middle Distance Runs:	Thursday 5:30 pm	coached by Anders Brooker
Long Runs:	Sunday, 8:00 am	coached by Anders

Cost: \$50 for Run Wild Missoula Members, \$60 for non-members. Please make checks payable to Run Wild Missoula

When does it start?!

The first group meeting is Monday, December 28, 5:30 pm at the Runner's Edge

Information: For information and to download training schedules go to:

<http://groups.google.com/group/missoula-boston-marathon-training-group>

or contact David, dschmett@bigsky.net, or Anders at the Runner's Edge 728-9297

Sponsored by:



Run Wild Missoula Boston Marathon Training Program Registration Form

Include \$50 (if a Run Wild Member) or \$60 (if not a Run Wild Missoula member) payable to Run Wild Missoula,

Full Name: _____

Email Address: _____ **Phone:** _____

Singlet Size: _____ (specify M or F): _____

Training Release: In consideration of your acceptance of this training program entry, I for myself, my heirs, executors, administrators and assigns, forever release and discharge all rights, demands, claims for damages and causes of suit or action known or unknown, that I may have against Run Wild Missoula Boston Marathon Training and any and all participating sponsors, the directors, employees and agents of such parties, for any and all injuries in any manner arising or resulting from my participation in said marathon training program. I attest and verify that I have full knowledge of the risks involved in marathon training and I assume those risks, that I will assume and pay my own medical and emergency expenses in the event of an accident, illness or other incapacity, regardless of whether I have authorized such expenses, and that I am physically fit and sufficiently trained to participate in this training.

Signature: _____ **Date** _____