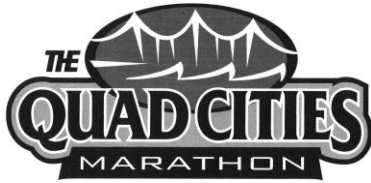


Fall Marathon Training Program

Programs for Full and Half Marathons- Your Choice

Prepare For Quad Cities Marathon, CBRC Monumental Marathon Bus Trip, & other Fall Marathons
In partnership with Quad Cities Marathon, sponsored by Cobham, and coordinated by
Cornbelt Running Club



COBHAM



Beginning Sunday, June 7th, 2015 at 7:00 AM \$60 Fee Per Participant
Fee includes a 16-22 week training program supervised by certified Coach Russ Hart and other experienced runners, fluid stations provided for every Sunday training run, access to weekly track sessions, technical fabric training singlet, dinner party, and discounted entry fee available for Quad Cities Marathon.

OPTIONS: BEGINNER, VETERAN, AND HEART RATE TRAINING PROGRAMS

7 a.m. Sunday long training runs will take place at Marquette Park, Davenport, IA, on the Duck Creek Recreation Path. Runners of all abilities are welcome, though you should be able to complete 6-8 miles on June 7th, with longer runs thereafter. Some training run locations/times will change as the program progresses. Weeks 17-22 will not offer track sessions and will have limited long run services. Please, no partial program fee requests.

QUESTIONS? Email maratrain@cornbelt.org or call Cornbelt at 563-326-1942.

After QCM, limited long run training support continues to CBRC bus trip weekend.

Please fill out the form below COMPLETELY and mail with your \$60 check to:
Cornbelt Running Club, 315 E. George Washington Blvd., Davenport, IA 52803

You may also register online at: Getmeregistered.com

2015 Fall Marathon and Half Marathon Training Program Registration Form

NAME _____, Training for Full__ or Half__, # Previous Finishes F__H__

ADDRESS _____, Technical Fabric Singlet Size _____

(shirt sizes run slightly smaller than usual)

CITY _____ STATE _____ ZIP _____ PHONE _____

EMAIL _____ SEX _____ BIRTHDATE _____

GOAL RACE NAME, DISTANCE, & DATE _____

IN CASE OF EMERGENCY CONTACT _____ PHONE _____

WAIVER: (must be signed) In consideration of the acceptance of my registration form, I for myself, my executors, administrators, and assigners, do hereby release and discharge Cornbelt Running Club, Quad Cities Marathon, Cobham, City of Davenport, City of Bettendorf, City of Rock Island, City of Moline, City of East Moline, any sponsors, supporters or volunteers, for all claims and damages, demands, and actions whatsoever in any manner arising from participation in the Fall Marathon Training Program. I attest and verify that I have full knowledge of the risks involved in this program, am physically fit, and sufficiently trained to participate in this program.

SIGNATURE _____ DATED _____