## Fall Marathon Training Program

## Programs for Full and Half Marathons- Your Choice

Prepare For Quad Cities Marathon, CBRC Fall Marathon Bus Trip, & other Fall Marathons

In partnership with Quad Cities Marathon, sponsored by Cobham, and coordinated by Cornbelt Running Club







Beginning Sunday, June 3<sup>rd</sup>, 2012 \$50 Fee Per Participant

Fee includes a 16-18 week training program supervised by certified Coach Russ Hart and other experienced runners, fluid stations provided for every 7 a.m. Sunday training run, access to weekly track sessions, technical fabric training shirt, discounted entry fee available for Quad Cities Marathon, and dinner party.

7 a.m. Sunday 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 3rd, with longer runs thereafter. Some training run locations will change as the program progresses. QUESTIONS? Email maratrain@cornbelt.org or call Cornbelt at 563-326-1942. After QCM, long run training support continues to CBRC bus trip weekend.

Please fill out the form below completely and mail with your \$50 check to: Cornbelt Running Club, 315 E. George Washington Blvd., Davenport, IA 52803 You may register online at: Getmeregistered.com

## Fall Marathon and Half Marathon Training Program Registration Form

NAME		, Full or Half Mar	rathon?, # Previous Finishes_		
ADDRESS		, Technical Fabric T-Shirt Size			
CITY	STATE	ZIP	PHONE		
EMAIL	GOAL F	GOAL RACE NAME, DISTANCE, & DATE			
SEX	_BIRTHDATE				
IN CASE OF EME	RGENCY CONTACT_		PHONE		
administrators, and ass of Davenport, City of	igners, do hereby release and o Bettendorf, City of Rock Isla	discharge Cornbelt and, City of Moli	my registration form, I for myself, Running Club, Quad Cities Marathon ne, City of East Moline, any sponsors for in any manner arising from participa	, Cobham, City s, supporters or	

SIGNATURE	DATED
SIGNATURE	DATED

fit, and sufficiently trained to participate in this program.

Marathon Training Program. I attest and verify that I have full knowledge of the risks involved in this program, am physically