



SPRING MARATHON Training Program

Join in the fun and train with a great group!

Information/Orientation

- Tuesday, March 3rd, 7:00 to 8:00 p.m. • ECC, 5701 Normandale Rd, Edina

First Run

- March 7, 2015 with an 8-10 mile run from the Lake Calhoun Executive Center parking lot.
- Registration that morning will be available beginning at 7:30 a.m.
- Be ready to run at 8:00 sharp!

Class Details

- Program runs from Saturday, March 7th through Grandma's Marathon on June 20th.
- Suitable for runners of all levels and abilities.
- A base of at least 25 miles per week is recommended for entering the class.
- You must sign up for your marathon separate from the training class.
- Class meets Tuesdays & Saturdays at various running locations.
- Tuesday sessions begin after first few weeks and include a speaker or coach info session on training topics such as injury prevention, nutrition and different training methods and philosophies.



Cost

- Members - \$125 • Non-members - \$150 (includes 1 yr membership)
- **Special pricing from Dec 10 through Jan 4 - \$100 for Members, \$125 for Non-members
- Program includes singlet or hat and supported water stops on long run
- Training programs are led by certified coaches

www.runmdra.org

Complete/sign the registration form and send a check to: MDRA/Marathon Training, 5701 Normandale Rd, Edina, MN 55424

Name: _____ Phone: _____

Address: _____ Shirt Size: M S L XL

City, State, Zip _____

E-mail: _____

I do hereby waive and release any and all claims for damages that I may incur as a result of my participation in this class against the MDRA, all sponsors, employees, volunteers or officials of this organization. I further certify that I have full knowledge of the risks involved in this event and that I am physically fit and sufficiently trained to participate. This Release Waiver extends to claims of every kind whatsoever, foreseen or unforeseen. The undersigned further grants full permission to MDRA and all sponsors to use any photographs, video, motion pictures and records of class events for any purpose.

Signature: _____ Date: _____