

Frederick Steeplechasers Full & Half Marathon Training Program

Goal Race: Freedom's Run Full & Half Marathon on October 12, 2013 in Harpers Ferry, WV
(Race participation not required) <http://www.freedomsrun.org>

Program Geared To: Intermediate and advanced runners who would like to either complete their first half or full marathon or runners looking to set a personal record in their event, get runners training with those of similar ability to push each other to reach race goals, see positive rewards from running accomplishments. Participants should have completed a race of at least 10 km in the past 12 months.

Cost: \$25 for non-members (no cost for FSRC Members), includes 12 week full/half marathon training plan, 2 weekly group runs with training partners of similar ability and a complimentary membership to the Frederick Steeplechaser Running Club. Participants will also be welcome to snacks and cold beverages from the Steeplechasers' tent upon completion of their goal race. *Technical t-shirt or race singlet with Steeplechasers logo can be purchased for additional \$20.*

Introduction Meeting – July 16th at 6:00 pm in Baker Park (Gazebo). First training run will also be at this time.

Group training runs – Tuesday 6:00pm (tempo runs), Saturday (long runs) 8:00am. Tuesday runs will meet at Baker Park. Location of Saturday runs will vary.

Hosted by the Frederick Steeplechaser Running Club

For questions about the training program or FSRC, please e-mail chadahalt@gmail.com

Marathon Training Program Registration Form

Name: _____ Date of Birth: _____

E-mail Address: _____ Phone #: _____

Address: _____

Target Race (Check One) Half: _____ Full: _____

Running Goal: _____

FSRC Member: _____ YES (no cost) _____ NO (\$25)

\$20 Shirt (optional): Tech T _____ Singlet _____ Size: S _____, M _____, L _____, XL _____

Mail form and payment to FSRC, P.O. Box 681, Frederick, MD 21705

WAIVER: In consideration of the right granted to me to participate in the Marathon Training Program, I hereby waive all claims and damages against the Frederick Steeplechasers Running Club and its members arising from my participation or any injury I might suffer in this program. I attest that I am physically fit and prepared for this activity.

Runner's signature _____ Date: _____