



# Medved Full Marathon & Half Marathon Training Group Program

February 8, 2012 – May 2, 2012

*Goal: Advance from the 5K/10K level to Half Marathon/Marathon Completion*

### Group Options:

- **Full Marathon Purple Group:** For those participants whose goal it is to complete a marathon and are currently able to run 15 miles per week.
- **Full Marathon Yellow Group:** For those participants who can currently finish a marathon and are interested in improving their finishing time. Current mileage should be 20+ per week.
- **Half Marathon White Group:** For those whose goal it is to complete a half marathon and who can currently run 10-15 miles per week.
- **Half Marathon Green Group:** For those who can currently complete a half marathon and are interested in improving your time. Current running mileage of 15 miles+

This program offers constant encouragement, and offers individualized instruction in a manageable group setting. Each runner will have ample face to face interaction with Coach Nate, plus unlimited email access for further support. **Last group had 100% race completion rate!**

### Program Cost:

- \$100.00 Program Fee includes coach's fee, performance running shirt and Medved Store Specials.

**Informational Meeting:** Saturday January 28<sup>th</sup> at 10 am and Wednesday February 1<sup>st</sup> at 7:00 PM at Medved

For more information, please visit: [www.medvedrunwalk.com](http://www.medvedrunwalk.com)

## Medved Full Marathon and Half Marathon Training Group Program

Make Checks Payable to: Medved 3400 Monroe Avenue, Rochester, NY 14618

*Please circle the training category:*

Full Marathon Purple Group / Full Marathon Yellow Group / Half Marathon White Group / Half Marathon Green Group

*Gender:* M F

*Shirt Size:* S M L XL

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Street Address: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Age \_\_\_\_\_ Email: \_\_\_\_\_

I know that running is a potentially hazardous activity. I should not participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete this event. I assume all risks associated with running this event (or series) including, but not limited to, falls, contact with other participants, the effect of weather, traffic, and conditions of the road, all such risks being known and understood by me, having read this waiver and knowing these facts and in consideration of your accepting my entry. I, for myself, and anyone entitled to act on my behalf, waive and release the, Medved Running and Walking Outfitters, Program coaches, Sponsors and agencies and municipalities, their representatives, and successors from all claims or liability of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

\_\_\_\_\_  
Signature of Runner

\_\_\_\_\_  
Signature of Parent/Guardian of Runner under 18 years of age