



WANT TO RUN A SPRING MARATHON? NEED HELP?

# Spring Marathon Training Program 2012

## CLASS DETAILS

- Tailored program targeting Grandma's Marathon and the Garry Bjorklund Half Marathon on Saturday, June 16, 2012
- Guaranteed entry (not a complimentary entry) into the Garry Bjorklund Half Marathon in Duluth for the first 20 class members registered
- Perfect for anyone training for a spring marathon or half marathon (Fargo, Minneapolis and others!)
- Suitable for runners of all levels and abilities
- Base mileage of 20-25 miles per week is recommended to start the program
- Training program starts with a run from the Edina Community Center Gym on Saturday, February 18th at 8:30 a.m. Registration available at 8 a.m.
- Go to [www.runmdra.org](http://www.runmdra.org) for more information

Join us for an Informational/Registration session on Tuesday, February 16, 2012 from 7:00-8:00 p.m. at the Edina Community Center (room 350)

## COST

Cost of the class is **\$125 for non MDRA members** (one year membership comes with the fee) **\$100 for MDRA members**. The cost of the program includes: experienced coaching, racing singlet, long run food/water/energy drinks. **The entry fee of the marathon is separate**, please see race websites for entry information, or email [heidi@runmdra.org](mailto:heidi@runmdra.org) for more information.

## SIGN UP TODAY!

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

Name: \_\_\_\_\_ Race Training For: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ Email: \_\_\_\_\_

**WAIVER:** I understand that running a road race is a potentially dangerous activity. 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. If, however, as a result of my participation in this class, I require medical attention, I hereby give consent to authorize medical personnel to provide such medical care as deemed necessary. This Release Waiver extends to claims of every kind whatsoever, foreseen or unforeseen. Applications for minors will be accepted only with a parent's signature. The undersigned further grants full permission to MDRA and all sponsors to use any photographs, videotapes, motion pictures and records of class events for any purpose.

Signature: \_\_\_\_\_

## TESTIMONIALS

*"I couldn't believe 14 miles had already passed!"*

*"Not only did I achieve my dream of running a marathon, but I met some awesome friends along the way!"*

*"I love training with your group"*



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