



Training Program

So, you've signed up for the race and now you're thinking, "How do I train for this? Who will I train with? Can I train to run a faster half marathon?"

Well, we have the solution for you!!! Train with *The Runner's Edge* in this 11 week program to get you to your goal !

Date: 7/24/10—9/25/10

Organized Weekend Runs

Pre-Register by: 7/20/10

Registration Fees:

- \$99.00 if registered by July 20th
- \$120.00 after July 20th

Our program will take place in Nassau County, but very close to Suffolk County to accommodate the Long Island runners interested in training.

There will be lots of special events, workshops, bonding experiences, and fun throughout the program!

For more information, contact:

**Debbie Blair by email at Deborah.blair1@gmail.com,
Bob Cook at 516-420-7963
Or GLIRC at 516-349-7646**



Kickoff Meeting to be held Tuesday, July 20th at 7 PM at The Runner's Edge.

To be discussed:

- nutrition
- hydration
- footwear
- apparel
- injury prevention
- Locations of training runs
- schedule of training

Mail form and entry fee to:

The Runner's Edge
242 Main Street
Farmingdale, NY 11735



Make checks payable to:
The Runner's Edge

Name _____

Address _____

Phone _____ Email _____

Signature _____ Date _____