



Kalamazoo Marathon & 1/2 Marathon Training Program

Join our Kalamazoo area **2009 Summer Safari Marathon** and **1/2 Marathon Training Program** for expert coaching (with low participant to coach ratio) camaraderie and a great time!

Both programs offer coaching, support, training schedules, group runs, education and more for beginners to veteran marathoners.

Marathon Training: 19 weeks... June 13-October 10
Cost: \$125

1/2 Marathon Training: 16 weeks... June 13-September 19
Cost: \$100



Program highlights:

- Goal-specific training schedules
- Saturday long runs with support
- Tuesday lactate threshold training
- Individual strength assessment performed by "The Studio"
- Clinics on biomechanics, strength training, speed training and nutrition. Plus clinics by K-Valley Orthopedics.
- One-year Kalamazoo Area Runners membership
- Gazelle Sports technical training shirt
- Moisture wicking socks
- Tons of FREE GU and GU₂O
- Gazelle Sports 10% discount card through 10/31/09

Learn more at a FREE orientation meeting...

Wednesday, June 3, 6 pm - location to be announced (check GazelleSports.com)

Packet pick up Thursday, June 11, 5-8 pm with orientation info at 5 pm & 6:30 pm, Gazelle Sports, downtown Kalamazoo

Please note: Full marathon training applicants must be prepared to run six miles at the start of the program. 1/2 marathon training applicants must be prepared to run four miles at the start of the program.

Gazelle Sports 2009 Marathon Training Program REGISTRATION

Name _____ Address _____

City _____ State _____ Zip _____ Phone (h) (____) _____

E.mail _____ Program option: Marathon 1/2 Marathon

- Are you currently a: first timer (*My first or second try at this distance, get me to the finish line.*)
 running for fun (*I have done this before, expect to run comfortably and finish with a smile.*)
 running for PR (*I'm looking to finish stronger and faster with more endurance.*)

Easy run pace: _____ minute mile

Shoe size: _____ Shirt size: WOMEN's S M L XL / MEN's M L XL

Payment method - CHECK: Enclosed is my check made payable to Gazelle Sports.

CREDIT CARD: American Express MasterCard Discover Visa

Card # _____ - _____ - _____ - _____ Exp. date ____/____/____

In case of emergency, notify _____ Relationship _____ Phone (____) _____

Entrant's signature _____ Date _____

Please accept my entry into the Gazelle Sports Marathon Training Program. I state that I believe I am physically fit for the program. I waive any rights I may have against Gazelle Sports, its associates and/or sponsors for damage or injuries occasioned by my participation in any Gazelle Sports program or event. I also authorize Gazelle Sports to utilize any photographs, personal narrative, interviews, or audio and video recordings of my participation in any Gazelle Sports program or event for any and all purposes.



Full SKU 103939 - \$125
1/2 SKU 103938 - \$100
Receipt # _____
Staff initials _____

Mail this form and payment to: Gazelle Sports Marathon Training Program, 214 S Kalamazoo Mall, Kalamazoo MI 49007

Training Program Refund Policy: • Full refund if program has not begun. • Partial refund (program fee minus \$10 administrative fee) if requested within two weeks of program start and no materials (apparel, notebook, etc) have been provided. • Any refund given after program start will be given in the form of Gazelle Sports store credit memo. • After the third week of the program, no refunds will be given.

Questions: Call Gazelle Sports - Kalamazoo 269/342-5996 • GazelleSports.com