

ANNAPOLIS STRIDERS

**MOORE'S MARINES™ MARATHON TEAM TRAINING PROGRAM**

COME JOIN OUR 17-WEEK

Moore's Marines™ Marine Corps Marathon Training Program  
targeting the October 31, 2010 Marine Corps Marathon  
(and training for the Baltimore Marathon)C

1ST SESSION: 7:00 a.m. Sat., July 3, 2010

JONAS GREEN PARK, Rte 450 @ the Naval Academy Bridge.

This **low-key program** will guide the participants from a base of 10 miles up to a three long runs of 20 + miles in 17 weeks. We will start at Jonas Green Park, run to the B & A trail, run the prescribed distance on the trail and return to Jonas Green Park. Occasional "Scenic" route diversions will be planned. Hydration on the trail will be provided, but all participants are encouraged to carry water/hydration. The goal will be for all who complete the program to be able to complete the Marine Corps Marathon and/or Baltimore Marathon. A formal training plan will be sent out in May.

**Prerequisites:** Annapolis Strider membership and ability to run 10 miles comfortably as outlined above.

**Sessions:** Weekly: each Saturday at 7:00 a.m. sharp (time will be move back to 6:30 a.m. a few weeks into the program due to increased heat/humidity). Those who can't attend the weekly session should strive to do it on their own. The training program will also provide "on your own" training during the week. **New this year: We plan to have a weekly weekday group "competition" run in the early evening at a local park to practice long distance speed work. Details to be provided.**

**Program Includes:** How to build up for the marathon, various pace charts, injury prevention and treatment, running safety, and keeping running fun. Information on appropriate summer running attire and hydration will also be provided. The B&A Trail has generously allowed us to hold this program on the trail. A handout on trail running safety will be provided.

**Guaranteed Entry to Marine Corps Marathon:** The MCM has graciously agreed to reserve a limited number guaranteed entries to Annapolis Striders *first time* marathoners. We will set aside the guaranteed spots for first timers on a first come/first served basis and issue them at a future date (TBD), so don't delay in getting in Strider application. You must train with us to receive one of the guaranteed spots, and you must pay for registration. **If you are an experienced marathoner and want to run Marine Corps, you should sign up for it by the first week of April as it closes quickly.** Don't want to run the Marine Corps Marathon? We will also offer training schedules for the Baltimore Marathon, too, or other marathons if so desired.

**Cost:** No charge for Annapolis Strider members. Race Fee payment to MCM or Baltimore Marathon required. We DO NOT register you for MCM or Baltimore, so get your race registration application in early for Baltimore. (See membership form/entry blank below.)

**Registration Instructions:** Go to [www.annapolisstriders.org](http://www.annapolisstriders.org) and click on "Moore's Marines." Fill out the form - a separate form is needed for each person. Parents must sign for those under age

18. Mail completed forms by June 15 to Susan Noble 26 Pocono Drive, Arnold MD 21012. After that, bring completed forms to the first session. Make checks payable to the Annapolis Striders. For information, call Bob Cawood - 410-280-2923 [rhbc@masoncawoodlaw.com](mailto:rhbc@masoncawoodlaw.com) or Susan Noble 410-757-1156 [susanmoble@verizon.net](mailto:susanmoble@verizon.net)

**Sponsored by the Annapolis Striders** a 1,400+ member non-profit organization dedicated to improving health and fitness through distance running. Website: [www.annapolisstriders.org](http://www.annapolisstriders.org).

**Directions** to Jonas Green Park parking lot: from Annapolis - go over Naval Academy Bridge on Rte 450, turn right just over the bridge and make the first right as if you were going to the Severn Inn. Continue straight into the parking lot for the park. We will check with the Severn Inn to see if we can use their lot as well. Additional parking should be available at the WWII monument. Do not park on the grass or in any unmarked spaces.

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ANNAPOLIS STRIDERS MEMBERSHIP FORM  
2010 Moore's Marines™ Marathon Team Training Program

TYPE OF MEMBERSHIP  NEW  RENEWAL  CURRENT (CURRENT MEMBERS SEND NO MONEY)  
 INDIVIDUAL \$15 ; SECOND MEMBER IN SAME HOUSEHOLD: \$10 ; FAMILY (ATTACH SEPARATE FORM FOR EACH MEMBER) \$30;  JUNIOR MEMBER UNDER 18 YEARS(PARENT/GUARDIAN MUST SIGN): \$6.

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_ MI \_\_\_\_\_ Birthdate \_\_\_\_\_

STREET & NR \_\_\_\_\_ CITY \_\_\_\_\_ ST \_\_\_\_\_ ZIP \_\_\_\_\_

EMAIL \_\_\_\_\_ PHONE NUMBER \_\_\_\_\_

First Time Marathoner: Yes / No (circle one)

Interested in running MCM Yes / No (Circle one)

Interested in running Baltimore Marathon Yes / No (Circle one)

WAIVER AND RELEASE: I recognize that participation in this activity may involve certain hazards. I understand that I should not participate unless medically able. I assume the risks associated with involvement in this activity from any source, including, but not limited to falls, contact with participants, effects of weather, death, high heat, humidity, road and traffic conditions- these risks being known and appreciated by me. Having read this Waiver Release and considering the acceptance of my application, I, for myself and my heirs and legal assigns, waive and forever release the Annapolis Striders, Inc., the Road Runners Club of America, all volunteers, trainers coaches and directors, all sponsors and hosts, and their representatives and successors from any and all claim of any type resulting from their negligence and any and all claims resulting from liability of any type arising from my participation in this activity. I agree that the Annapolis Striders, Inc., the Road Runners Club of America, all volunteers, trainers coaches and directors, all sponsors and hosts, and their representatives and successors are under no obligation to care for the benefit of me, and are under no liability to me for injuries that I suffer as a result of the Annapolis Striders, Inc., the Road Runners Club of America, all volunteers, trainers coaches and directors, all sponsors and hosts, and their representatives and successors negligence.

I acknowledge that exercise is not without its risks, and this or any other exercise program may result in injury or death. To reduce the risk of injury, before beginning this or any exercise program, I have been advised to consult a healthcare provider for appropriate exercise prescription and safety precautions. I acknowledge that the training schedule and exercise program are in no way intended as a substitute for medical consultation. I acknowledge and agree that the Annapolis Striders, Inc., the Road Runners Club of America, and its agents and representatives, disclaim any and all liability from and in connection with this activity, and I agree to waive any and all claims for negligence against the volunteers, trainers, coaches and directors of this program, Annapolis Striders, Inc., the Road Runners Club of America, any their agents and representatives.

SIGNATURE OF ENTRANT: \_\_\_\_\_ DATE \_\_\_\_\_

SIGNATURE OF PARENT/GUARDIAN IF ENTRANT IS UNDER AGE 18 \_\_\_\_\_ DATE \_\_\_\_\_

(MANDATORY)