

## ANNAPOLIS STRIDERS

### MOORE'S MARINES MARATHON TRAINING PROGRAM

#### COME JOIN OUR 17-WEEK

#### Moore's Marines Marine Corps Marathon Training Program targeting the October 26, 2008 Marine Corps Marathon (and training for the Baltimore Marathon)

**1ST SESSION: 7:00 a.m. Sat., July 5, 2008**  
**JONAS GREEN PARK, Rte 450 @ the Severn River 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 rail, run the proscribed 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 subject to change 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.

**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. Our sign up link will be active after registration closes in June. We will set aside the guaranteed spots for first timers on a first come/first served basis, so don't delay in getting in this form. You must train with us to receive one of the guaranteed spots, and you must pay for registration.

Don't want to run the Marine Corps Marathon? We will also offer training schedules for the Baltimore Marathon, too.

**Cost: No charge** for Annapolis Strider members. Race Fee payment to MCM or Baltimore Marathon required. See membership form/entry blank below.

**Registration Instructions:** Fill out the form below - a separate form is needed for each person.

Parents must sign for those under age 18. **Mail completed forms by June 15** to Penny Goldstein, 2348 Putman Ln, Crofton, MD 21114. After that, bring completed forms to the first session. Make checks payable to the Annapolis Striders. For information, call Bob Cawood - 410-280-2923 (rcawood@mch-lawfirm.com), or Penny Goldstein - 410-721-6614 ([munch301@verizon.net](mailto:munch301@verizon.net)).

**Sponsored by the Annapolis Striders** a 1,200 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 Severn River 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  
2008 Moore's Marines Marathon 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 NR \_\_\_\_\_

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, 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, waive and release the Annapolis Striders, Inc., the Road Runners Club of America, all volunteers, trainers and directors, all sponsors and hosts, and their representatives and successors from any claim of liability arising from my participation in this activity.

I acknowledge that exercise is not without its risks, and this or any other exercise program may result in injury. To reduce the risk of injury, before beginning this or any exercise program, please 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. 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.

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

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

(MANDATORY)