

Join us today

You can run 26 point too! Orientation for this 25-week program begins Saturday, August 7th at 6:00am with a 30 min run. Group runs take place at the South Miami Hospital's Education Center (7401 SW 62 Ave.)

Our program offers variable pace groups, customized training schedules and experienced guidance for each participant. This program will prepare you for the experience of your lifetime - the 2011 ING Miami Marathon!

Finish your hometown marathon while your family and friends to cheer you on!



Marathon Programs

If the thought of running mile after mile scares you – worry no more!! Our program follows a run-walk method where you have only to concentrate on your next 2-6 minute run interval (different groups have different intervals) followed by a 1-minute walk break. We offer several different pace groups for people of every ability and speed and do our best to customize the training schedule to meet our calendar needs.

While we encourage our runners to enjoy the ING Miami Marathon race with their fellow team members, runners can use our marathon training program to help them prepare for the Disney Marathon, Chevron Houston Marathon, Carlsbad Marathon, and Tallahassee Marathon.

Program Benefits

- 25 weeks of training with your pace team
- TeamFootWorks log book, Tech Running shirt and official training program
- **15% discount at FootWorks** (once you sign up thru Jan. 30)
- Measured running course with water and Vitalyte every 2-3 miles
- TeamFootWorks Fitness News E-mailings
- Clinics on shoes, nutrition, strength training and more
- **TFW Hospitality VIP Village** at the ING Miami Marathon
- Special discount on entry into 2011 ING Miami Marathon**
- Receive quarterly emails from the RCCA

Just Do It!

Weekly Group Runs

Your groups will meet every Saturday for long runs. We also have mid-week runs to help keep your training on schedule. Everyone is welcome to join us Tuesday and Thursday evenings at 6:30pm at FootWorks for a 3-4 mile fun run/walk.

For More Information or to Register

5724 Sunset Drive, South Miami, FL 33143
305.666.RACE(7223) teamfootworks.org

Program Cost

Over the past few years, the Marathon program has grown tremendously! Be sure to register in advance to guarantee a spot in the program before it reaches its capacity.

New members*	Program Alumni*
\$245 thru 7/23	\$165 thru 7/23
\$265 7/24 - 8/6	\$185 7/24 - 8/6
\$285 on 8/7 and after	\$205 on 8/7 and after

*Add 4% handling fee per person for credit cards
 **Program cost does not include race registration fees

26.2

marathon training program



last name _____

first name _____

date of birth / / age gender **MALE** | **FEMALE**

street address _____

apt/unit # _____ city _____ state _____ zip _____

email _____

cell phone _____ t-shirt size **S** | **M** | **L** | **XL** | **2X**

credit card (add 4% handling fee) _____ / exp. date _____

New members*	Program Alumni*
<input type="radio"/> \$245 thru 7/23	<input type="radio"/> \$165 thru 7/23
<input type="radio"/> \$265 7/24 - 8/6	<input type="radio"/> \$185 7/24 - 8/6
<input type="radio"/> \$285 on 8/7 and after	<input type="radio"/> \$205 on 8/7 and after

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Make check payable to:
 TeamFootWorks

Waiver: I know that walking, running and road racing are potentially hazardous activities. By entering this program I am taking responsibility for medical clearance and for being physically fit and properly trained to participate in this program. I agree to abide by any decision of program official relative to my ability to safely complete the training program. I assume all risks associated with running, but not limited to my own fitness and health condition, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic, and the condition of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of you accepting my entry, I for myself and anyone entitled to act in my behalf, waive and release TeamFootWorks and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this program though that liability may arise out of negligence or carelessness on the persons named in this waiver and other organizations. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this program for any legitimate purpose.

Sign: _____ Date: _____
Parent or Guardian's Signature if under age 18