

INTERESTED IN TRAINING WITH THE OFFICIAL FARGO MARATHON TRAINING GROUP?



Now is your chance to join the **official training group** that has prepared hundreds to run the 1/2 marathon and full marathon at the Fargo Marathon. Whatever your situation - an experienced runner or a first time 1/2 or full marathoner - the Red River Runners' training program is just what you need!



The 1/2 marathon and full marathon classes, lead by the Red River Runners with the assistance of the Dick Beardsley Running Company, begin in January and end in May with the running of the Fargo 1/2 marathon or full marathon.

The 1/2 and full marathon training programs are 18-week programs. As a training class member, you will be given a weekly training program. From Sunday through Friday, the program guides you as you complete the training on your own. On Saturday mornings you will meet with your class and the Red River Runners' training team to complete the "group long run" portion of the weekly training program.



Each program will teach you about proper running attire, nutrition, injury prevention and much more. You will have a first hand opportunity to listen to a variety of experts who will become great resources of information and inspiration.

As an added bonus, each class member will receive a Dick Beardsley Running Company store credit, a long sleeve technical shirt and other items to assist you with your training program.

An informational session for these classes will be held on Saturday, January 3, 2009 at 11:00 am at the downtown FM YMCA located at 400 1st Ave S, Fargo.

Registration is limited. Sign up early to secure your spot!

To participate in a training group, please complete the following:

Name: _____

Address: _____ City, State, Zip: _____

Email: _____ Phone: _____ Date of Birth: _____

Sign up for:

Price:

- Full Marathon Training
 1/2 Marathon Training

\$80.00
\$80.00

REFUND POLICY: Sorry, no prorates apply and NO REFUNDS will be issued for any reason, including injury, after a program begins. REGISTRATION IS NOT TRANSFERABLE. You can not give your registration to another person. Registration fees must be paid before beginning any program.

SIGN WAIVER: You must sign the waiver below.

In consideration of being permitted to participate in Red River Runners' 2009 training program, I do hereby, for myself and heirs and personal representatives, release and discharge Red River Runners, Inc., Fargo Marathon, Inc., Dick Beardsley Running Company, USA Track & Field, and their affiliates, agents, employees, officers, directors, successors, assigns, and all other sponsors and persons connected with this program, from any and all liabilities on account of any injury, death, or damages growing out of my participation, whether caused by their negligence or otherwise. I am physically fit and sufficiently trained to participate in this program and recognize the risk included, and intend by this release to assume full responsibility for anything that might happen to me.

Make Checks Payable to: DBRC

Send Payment & Form to: Red River Runners
c/o CasMar Events
405 West Main Ave #1-D
West Fargo, ND 58078.

Signature: _____ Date: _____