

# Fall Marathon Training Program

## Programs for Full and Half Marathons- Your Choice

Prepare For Quad Cities Marathon, CBRC Columbus Marathon Bus Trip, & other Fall Marathons  
In partnership with Quad Cities Marathon, sponsored by Cobham, and coordinated by  
Cornbelt Running Club



Beginning Sunday, June 6, 2010      \$50 Fee Per Participant

Fee includes a 16 week training program supervised by certified Coach Russ Hart and other experienced runners, fluid stations provided for every 7 a.m. Sunday training run, access to weekly track sessions, technical fabric training shirt, discounted entry fee available for Quad Cities Marathon, and dinner party.

7 a.m. Sunday training runs will take place at Marquette Park, Davenport, IA, on the Duck Creek Recreation Path. Runners of all abilities are welcome, though you should be able to complete 6-8 miles on June 6<sup>th</sup>, with longer runs thereafter. Some training run locations may change as the program progresses. QUESTIONS? Email [maratrain@cornbelt.org](mailto:maratrain@cornbelt.org) or call Cornbelt at 563-326-1942.

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Please fill out the form below completely and mail with your \$50 check to:  
Cornbelt Running Club, 315 E. George Washington Blvd., Davenport, IA 52803

### **Fall Marathon and Half Marathon Training Program Registration Form**

NAME \_\_\_\_\_, Full or Half Marathon? \_\_\_\_\_, # Previous Finishes \_\_\_\_\_

ADDRESS \_\_\_\_\_, Tech. T-Shirt Size \_\_\_\_\_, Shirt Color: Pink or Gray? \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_ GOAL RACE NAME, DISTANCE, & DATE \_\_\_\_\_

SEX \_\_\_\_\_ BIRTHDATE \_\_\_\_\_

IN CASE OF EMERGENCY CONTACT \_\_\_\_\_ PHONE \_\_\_\_\_

WAIVER: (must be signed) In consideration of the acceptance of my registration form, I for myself, my executors, administrators, and assigners, do hereby release and discharge Cornbelt Running Club, Quad Cities Marathon, Cobham, City of Davenport, City of Bettendorf, any sponsors, supporters or volunteers, for all claims and damages, demands, and actions whatsoever in any manner arising from participation in the Fall Marathon Training Program. I attest and verify that I have full knowledge of the risks involved in this program, am physically fit, and sufficiently trained to participate in this program.

SIGNATURE \_\_\_\_\_ DATED \_\_\_\_\_