

NEWS AND SENTINEL HALF MARATHON TRAINING CLINIC

If you can run or walk FIVE Miles on May 26, you can participate in the News & Sentinel Half-Marathon on August 16!

The 16th River City Runners Half Marathon Clinics will start on May 26 with a five mile training loop and building up to the 13.1 mile distance over a period of 12 weeks. The River City Runners Club will supply water and sports drinks at two or two and 1/2 mile intervals along the course for anyone who wants to participate in training for The Parkersburg News and Sentinel Half Marathon. Everyone is welcome to participate. Club membership is not necessary. Train with others at your pace, however fast (or not so fast), make friends, and get in shape for Parkersburg's biggest sporting event.

Training Run Schedule

10-13 minute pace runners and walkers will start at 5:30 PM all others will start at 6:00 PM.

5/26) 5 Miles - City Park

6/2) 6 Miles - City Park

6/9) 7 Miles - City Park

6/16) 8 Miles - McDonough Wildlife Preserve

6/23) 9 Miles - City Park

6/30) 10 Miles - City Park

7/7) 12 Miles - City Park

7/14) 9 Miles - City Park

7/20) 13.10938 Miles -Trinity Church, N& S Half Marathon course! 6:30 & 7:00 AM

7/28) 10 Miles - City Park

8/4) 7 Miles - City Park

8/11) 5 Miles - City Park

8/16) RACEDAY

Contact: Tom Kramer: kram37@suddenlink.net

The River City Runners Club 2008 Half Marathon Training Clinic

NAME: _____

TRAINING PACE: _____

ADDRESS: _____

CITY/STATE/ZIP _____

WAIVER: In consideration of acceptance to participate in this series of Half-Marathon training Sessions, I waive all claims for myself, my heirs and assigns against the River City Runners Club, for injury or illness, which may result from my participation. I further state that I am in proper physical condition to participate in these Half-Marathon training sessions.

Signature (Parent or Guardian if under 18)

Date ____/____/____

Non-members: Sign & bring this form with you to your first clinic, RCRC members are not required to fill out a form.