

To be ready to begin this program:

Marathoners should average 15-18 miles/week in December. Half Marathoners should average 10-13 miles/week in December

2009 SHuffler's Weekly Long Run marathon/half marathon distance

	<u>Date</u>	<u>Distance</u>	
1	Jan 2	7/4	8:00 a.m. Bicentennial Trail Milham Road
2	Jan 9	8/5	<i>post run orientation meeting</i>
3	Jan 16	9/6	
4	Jan 23	7/4	
5	Jan 30	10/7	
6	Feb 6	11/8	7:30 a.m.
7	Feb 13	13/9	<i>pasta meal Friday night</i>
8	Feb 20	8/6	
9	Feb 27	15/10	
10	Mar 6	8/8	
11	Mar 13	17/11	
12	Mar 20	8/8	
13	Mar 27	20/12	7:00 a.m. @ Kal-Haven Trail 10th St
14	April 3	8/8	
15	April 10	22/13	
16	April 17	8/6	
17	April 24	13/13	(Borgess Half Mara)
18	May 1	10	
19	May 8	26	(Mile 26 to So. Haven)
20	May 15	13	taper
21	May 22	8	taper
22	May 29	26.2	Bayshore Marathon



"Let us run with endurance, the race set before us" – Hebrews 12:1

Contact Dan Sarkipato
shufflerskzoo@yahoo.com
269-808-1069



Yes, You Can Run a Marathon Or Half Marathon in 2010!

Website: www.s-heights.org
Click "Growing As Disciples"

Kalamazoo SHufflers Marathon/Half Marathon Training Group

Website: www.s-heights.org
Click "Growing As Disciples"

Registration send to:
Southern Heights 4141 E. Hillandale Kzoo, MI 49009

Date _____

Name _____

Address _____

City _____ State ____ Zip _____

Date of Birth _____ Gender: __male __female

___marathon training OR ___half-mara. training

Best Phone #: _____

email _____

print your email very clearly please!

If Under 18, Parents

Signature _____

How many marathons have you run? ____

How many half-marathons have you run? ____

Signature _____

The SHufflers have no registration fee.

In consideration of accepting my registration form, I have full knowledge of the risks involved and am physically fit to participate in this program. I hereby agree for myself, my heirs, executors, and administrators, to waive and release all rights and claims for damages I may have against the Kalamazoo SHufflers, its program sponsors, leaders and members and their agents, representatives, successors and assignees for any and all injuries suffered by me as a result of a participation in this program's activities or runs, or which may arise out of my traveling to, participating in or returning from such events. Further, I agree to indemnify and hold harmless the Kalamazoo SHufflers, program sponsors, leaders and members, from any liability or expense resulting from my participation in any Club program or event. I also authorize the Kalamazoo SHufflers to utilize any photographs and/or video recordings of my participation in any Kalamazoo SHufflers program or event for any and all purposes

If one of your life goals is to complete a 26.2 mile marathon, but the training looks too daunting, come join us as we train for the ****Bayshore Marathon.** This marathon will be held in Traverse City, MI on May 29, 2010. There is no cost to join our group other than the commitment of the training time. The Bayshore Marathon is a great marathon for first timers; approximately 1,500 runners on the Saturday of Memorial Day weekend. Their website is found at www.bayshoremarathon.com.

Our History

Seven years ago, five Kalamazoo area runners [of very different running abilities] joined together to support each other as they trained for the Bayshore Marathon in Traverse City, MI. – none had attempted a marathon before. The philosophy, based on the Jeff Galloway marathon training method for injury free training (www.jeffgalloway.com), was to run them slowly with walk breaks every mile while increasing weekly distance. During the week, each trained according to their personal running goals.

To cap off the training, the group ran 26 miles three weeks before the marathon to give them the confidence that they could finish well. All five finished the Bayshore healthy and all went on to complete at least one more marathon!

In post-marathon reflecting on the preparation, they doubted if any of them alone could have alone done the training necessary - it was amazing the mutual support given to each other to achieve their necessary training. All agreed that having the company and support of the group made the training both **endurable and enjoyable.**

****note:** if a Kalamazoo marathon is planned for the end of April, our schedule will be adjusted (start one month earlier).

The Kalamazoo SHufflers Bayshore Marathon/ Half Marathon Training Schedule is *for people who want to successfully complete a first marathon or half marathon, and for people who have completed a race and would like to help and encourage others – IS that YOU?*

Prerequisite: If you can continuously run 7 miles (4 for half marathon) on January 2, Outcome: You can complete a half marathon at the end of April OR a marathon by the end of May

Our Philosophy

We follow Jeff Galloway's method. www.jeffgalloway.com This training program is built around one increasingly longer Saturday run, which we do together as a group. We do these runs very slowly; with frequent walk breaks (run 4-8 minutes, walk one minute). The purpose of the long runs is to cover longer and longer distances – building up distance endurance, but without injury. You should plan to run 3 or 4 other times per week – and we can suggest how to develop a personal running plan.

We believe the social and spiritual dimensions of training are also important. We welcome people of any and all faiths to join the SHufflers. We run at the Portage Bicentennial Park trail (January–March) or the Kal Haven Trail (April – May).

All group-training runs are held (rain, snow or shine) on Saturday mornings--watch for weekly emails for both time and place. The weekly long run schedule we will follow is included in this brochure. There is no fee to join this group.

If you have questions or think this is something you might be seriously interested in pursuing, contact **Dan Sarkipato** at (269)808-1069, or by email at shufflerskzoo@yahoo.com