

To be ready to begin this program:

Marathoners should average 15-18 miles/week total distance in December. Half Marathoners should average 10-12 miles/week in December.

2012 Weekly Long Run

	<u>Date</u>	<u>Distance</u>	
	Dec 3		Orientation Meeting @Southern Heights Church 9:00 a.m.
			<i>marathon/half marathon</i>
1	Dec 10	5/4	8:00 a.m. Bicentennial Trail Milham Road
2	Dec 17	6/5	
3	Dec 24	7/6	
4	Dec 31	8/4	
5	Jan 7	9/6	
6	Jan 14	11/7	
7	Jan 21	13/8	<i>pasta meal + clinic Fri. 1-20</i>
8	Jan 28	8/4	
9	Feb 4	15/8	7:30 start time
10	Feb 11	8/8	
11	Feb 18	17/9	
12	Feb 25	8/8	
13	Mar 3	20/10	7:00 a.m. @ <i>Kal-Haven</i>
14	Mar 10	8/8	<i>Trail 10th St</i>
15	Mar 17	22/11	
16	Mar 24	8/6	
17	Mar 31	16/12	
18	April 7	8/8	
19	April 14	26/13	Dry run, marathon course
20	April 21	13/6	taper
21	April 28	8/8	taper
22	May 6		KALAMAZOO MARATHON and HALF MARATHON

Website: www.s-heights.org



Kalamazoo SHufflers

“Running together with God’s help”

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

Contact

kalamazoo.shufflers@gmail.com

269-808-1069

thekalamazoomarathon.com



**Yes, You Can
Run the
Kalamazoo
Marathon

(Or Half Marathon)

in 2012!**

thekalamazoomarathon.com

Our Website: www.s-heights.org

kalamazoo.shufflers@gmail.com

10th Season!!!

**Kalamazoo SHufflers
Marathon/Half Marathon
Training Group**

Registration send to:
Southern Heights Church 4141 E. Hillandale
Kalamazoo, MI 49008

Date _____

Name _____

Address _____

City _____ State _____ Zip _____

Date of Birth _____ Gender: male female

I am training for: marathon OR half-mara.

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 KALAMAZOO MARATHON. This marathon will be held in Kalamazoo on May 6, 2012. There is no cost to join our group other than the commitment of the training time.

Our History and Methodology

Eight 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**.

The Kalamazoo SHufflers Kalamazoo 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 *run/walk 5 miles (4 for half marathon) on December 10, 2011

Outcome: You can complete a marathon or half marathon by May 6, 2012

Our Philosophy

We follow Jeff Galloway's training 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 5 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 2 -- 4 other times per week. We can suggest how to develop a personal running plan. Walk breaks are a key component to prevent injury and enhance recovery.

We believe the social and spiritual dimensions of training are also important. We support each other and make friends. We welcome people of any and all faiths to join the SHufflers. We run at the Portage Bicentennial Park trail (December–March) or the Kal Haven Trail (March – 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 kalamazoo.shufflers@gmail.com

www.s-heights.org

www.thekalamazoomarathon.com

**our methodology is to run 4 minutes, walk one minute*