



# Run/Walk Training Program to Benefit Horizon Christian Schools

**Commitment to Fitness.** This is a 12 to 14 Week program to prepare for the Helvetia Half Marathon June 12th, 2010, Seattle Rock N'Roll Half Marathon June 26, 2010, Pacific Crest Half Marathon in Sunriver June 26th or Sauvie Island Flat Half July 4th 2010. (Choose an event now, sign up for it and start training... race entry fees are not included in program costs.) Optional continuing program of schedules and benchmark runs to continue training for the Portland Marathon October 10th, 2010.

**What's my Cost?** Fee is \$100 per person, \$10 discount per participant if you sign up with a friend or spouse by March 1st. Studies show that those who have a fitness partner have greater success due to accountability. (Signing up for an event now and paying for it also increases your likelihood of successfully completing a training program.) All profits go to Horizon Christian Schools General Fund. Participants must be 13 years or older. Participants under 18 must be accompanied by an adult and/or have signed consent.

**Dedication.** We will meet Saturday mornings at Horizon Christian Elementary School, and will provide you with a schedule consisting of three or four weekly timed efforts outlined in an easy to follow, easily adaptable schedule to do on your own.

**PROGRAM GOALS** – To provide a quality program that will take runners and walkers of all skill levels to a half and/or full marathon distances, to increase the overall fitness level of participants and to provide quality information to ensure success for each participant. Participants should be able to walk, run or run/walk 3 miles by our kick off meeting on April 3rd.

**PROGRAM DYNAMICS** – Saturday morning group effort and seminar will include a mapped distance run with staggered starts determined by pace group, with the goal of everyone ending around 10am where we will have a brief seminar. Seminars on nutrition, hydration, shoes and apparel, injury prevention and management, and race strategies will follow each group run. Discounts at Portland Running Company and special offers from Chiropractic and Massage providers will also be available. All runs will start and end in the parking lot of Horizon Elementary School.

**Registration forms will be available in the school office after January 22nd.**

*Special registration events where you can come ask questions and sign up to be announced.*

Contact Julie Bosket at [jandjbosket@yahoo.com](mailto:jandjbosket@yahoo.com) for more information.

