



# RIVER CITY

## RUNNERS & WALKERS

### HALF MARATHON TRAINING



IF YOU CAN RUN OR WALK JUST 5 MILES ON MAY 31,

THEN YOU CAN COMPETE IN THE NEWS AND SENTINEL HALF MARATHON ON AUG 21!

The 18th *River City Runners and Walkers* Half Marathon Clinics will start on May 31, 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 and Walkers 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

ALL RUNNERS AND WALKERS WILL START AT 5:30 PM

5/31) 5 Miles - City Park

6/7) 6 Miles - City Park

6/14) 7 Miles - City Park

6/21) 8 Miles - McDonough Wildlife Preserve

6/28) 9 Miles - City Park

7/5) 10 Miles - City Park

7/12) 12 Miles - City Park

7/19) 9 Miles - City Park

**7/25) 13.10938 Miles -Trinity Church, News & Sentinel Half Marathon course! 7:00 AM**

8/2) 10 Miles - City Park

8/9) 7 Miles - City Park

8/16) 5 Miles - City Park

**8/21) RACEDAY**

Contact: Tom Kramer: **Email:** kram37@suddenlink.net, **Phone:** 304-482-1737

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### The River City Runners Club 2010 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 and Walkers 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)