

# Fall Marathon Training Program

## Programs for Full and Half Marathons- Your Choice

Prepare For Quad Cities Marathon, CBRC Columbus Marathon Bus Trip, & other Fall Marathons  
In partnership with Quad Cities Marathon, sponsored by Cobham, and coordinated by  
Cornbelt Running Club



**Beginning Sunday, June 5<sup>th</sup>, 2016 at 7:00 AM \$60 Fee Per Participant**  
Fee includes a 16-18 week training program supervised by certified Coach Russ Hart and other experienced runners, fluid stations provided for every Sunday training run, access to weekly track sessions, technical fabric training shirt/singlet, dinner party, and discounted entry fee available for Quad Cities Marathon.

### **OPTIONS: BEGINNER, VETERAN, AND HEART RATE TRAINING PROGRAMS**

7 a.m. Sunday long training runs will take place at Marquette Park, Davenport, IA, on the Duck Creek Recreation Path. Runners of all abilities are welcome, though you should be able to complete 5-8 miles on June 5<sup>th</sup>, with longer runs thereafter. Some training run locations/times will change as the program progresses (with some local race participation suggested). Weeks 17-18 will not offer track sessions and will have limited long run services. Please, no partial program fee requests.

QUESTIONS? Email [maratrain@cornbelt.org](mailto:maratrain@cornbelt.org) or call Cornbelt at 563-326-1942.  
After QCM, limited long run training support continues to CBRC bus trip weekend.

Please fill out the form below COMPLETELY and mail with your \$60 check to:  
Cornbelt Running Club, 315 E. George Washington Blvd., Davenport, IA 52803

You may also register online at: [Getmeregistered.com](http://Getmeregistered.com)

### **2016 Fall Marathon and Half Marathon Training Program Registration Form**

NAME \_\_\_\_\_, Training for Full\_\_ or Half\_\_, # Previous Finishes F\_\_H\_\_

ADDRESS \_\_\_\_\_, Technical Fabric Shirt Size \_\_\_\_\_  
(singlets or shirts may be provided depending on availability)

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_ SEX \_\_\_\_\_ BIRTHDATE \_\_\_\_\_

GOAL RACE NAME, DISTANCE, & DATE \_\_\_\_\_

IN CASE OF EMERGENCY CONTACT \_\_\_\_\_ PHONE \_\_\_\_\_

WAIVER: (must be signed) In consideration of the acceptance of my registration form, I for myself, my executors, administrators, and assigners, do hereby release and discharge Cornbelt Running Club, Quad Cities Marathon, Cobham, City of Davenport, Davenport Parks & Rec., City of Bettendorf, City of Rock Island, City of Moline, City of East Moline, any sponsors, supporters or volunteers, for all claims and damages, demands, and actions whatsoever in any manner arising from participation in the Fall Marathon Training Program. I attest and verify that I have full knowledge of the risks involved in this program, am physically fit, and sufficiently trained to participate in this program.