



Spring Marathon Program *For Advanced and Intermediate Advanced Marathoners*

Spring 2009

WHO: Seasoned runners who have recently run a sub 4-hour-marathon (9:00 minute pace or faster) or aspire to run a sub 3 hour marathon

WHAT: An advanced and intermediate advanced spring marathon program for seasoned runners. This program will run for **16 weeks** and will train runners for:

Salt Lake Marathon - April 18

Boston Marathon - April 20

Nashville Country Music Marathon - April 25

Oklahoma City Memorial Marathon, Big Sur Marathon - April 26

WHEN: Our orientation / first run will take place on Saturday, January 3 at 7:00 a.m. SHARP. Please be prepared to run approx. 9/10 miles.

WHERE: Norbuck Park, near White Rock Lake, for orientation and for weekend training runs

FEE: The entry free for this program is \$125. With this, you'll receive:

- A Nike technical running shirt
- 20% of your first pair of shoes at Luke's Locker
- 10% off any purchase during the training season at Luke's Locker
- All park fees/police support at home base
- Goodies from our sponsors throughout the training season
- Weekly schedules and workouts suiting the runner's needs
- Mid-week training sessions
- Winfrey Point Event/Timed Run: 2/14/09

NEXT STEPS:

Pre-Register - \$125 Fee: We highly encourage you to register before our first meeting on January 3. Simply fill out the attached form and take it in to Luke's Locker (off Oak Lawn) with your check for \$125, or mail your registration and check to Luke's Locker:

c/o Sue Janosko

3607 Oak Lawn Ave.

Dallas, TX 75219

Orientation: Tuesday, December 30th at 6:00PM at Luke's Locker/Dallas store location. Please plan on attending this informative meeting to find out more about this program.

Registration after December 31, 2008 - \$150 Fee: If you plan on registering at our first training session please bring a check with your completed form.

If you have any further questions please email Sue Janosko at: suejanosko@lukeslocker.com
or call 214-528-1290 X 20.

We hope to see you there!



Spring Marathon Program REGISTRATION FORM

Please check which marathon you will be running:

- Boston Marathon – April 20
- Nashville Country Music Marathon – April 25
- Oklahoma City Memorial Marathon/Big Sur Marathon – April 26
- Other _____

Most Recently Run Marathon (Race / Year): _____

Marathon Finish Time (Hours / Minutes / Seconds): _____ : _____ : _____

Marathon Goal _____

Name _____

Address _____

City _____ State _____ Zip _____

Work or Cell Phone _____ Home Phone _____

E-mail _____

Age _____ Gender: M F **T-SHIRT SIZE:** S M L XL XXL

Make checks payable to Luke's.
(Note: Entry fees to all suggested road races
are NOT included in the program costs)
PROGRAM FEES ARE NON-REFUNDABLE.

In consideration of this acceptance for participation in the Beat Training Program 2007 I hereby acknowledge that Luke's Locker, it's employees, officers, directors, agents, representatives, volunteers and sponsors cannot assure my safety during participation in the Beat Training Program. I recognize that participation in the Beat Training Program exposes me to risks any of including, but not limited to, running-related injury and detrimental effects of heat and pollution while running. I certify, represent and warrant that I am in proper physical condition in order to participate in the Beat Training Program. I, for myself, my heirs, executors, administrators, successors, and assigns HEREBY RELEASE, WAIVE AND FOREVER DISCHARGE AND SAVE HARMLESS Luke's Locker and it's employees, officers, directors, representatives, students, volunteers, sponsors, successors, and assigns OF ALL AND FROM ALL CLAIMS, demands, damages, costs, expenses, actions and causes of action, whether in law or equity, in respect to death, injury, loss or damage, to my person or property, howsoever caused, arising or to arise by reason of or during my attendance at or participation in the Beat Goes On Training Program, whether as a participant, or otherwise and whether or not in consequence of my following in any program of diet and/or exercise on the recommendation of any of the aforesaid; whether prior to, during or subsequent to said attendance or participation AND NOT WITHSTANDING THAT ANY SUCH CLAIM MAY HAVE BEEN CONTRIBUTED TO OR OCCASIONED BY THE NEGLIGENCE OF ANY OF THE AFORESAID. I also give permission for the free use of my name, voice or picture in any broadcast, telecast, newspaper article, report, advertising, or marketing promotion. I hereby agree to abide by all rules policies, procedures, and instructions of the program and the people conducting it. I understand that program fees are nonrefundable and program fees may not be credited to other Luke's Locker programs.

Signature of participant or parent/guardian _____ Date _____

FOR OFFICE USE ONLY

Payment Method CASH CHECK NO. _____ CREDIT CARD

Amount _____

Received By: _____