



COUCH TO FINISH

Beginner Half Marathon Training Program

If you are running 3-4 miles a few times a week and want to ramp up your training this summer with the support of a group, this is your program! We will start with 3 runs of 3 miles per week and work up to the half marathon distance in time for the Towpath Half Marathon on 10/7/12.

****Note: You should already be capable of running 3 miles, 3-4 times a week, prior to beginning this program. ****

Enclose check for \$75 payable to **Angie Kovacs** 841 Damon Drive Medina OH 44256. Must be postmarked by 5/15/12. Online registration available at http://www.active.com/event_detail.cfm?event_id=2032078

Name: _____
Age: _____ Gender: M / F Phone: _____
Address: _____
Email: _____

Includes the following:

- Training with a Road Runners Club of America Certified Running Coach for 20 weeks, starting the week of 5/20/12. **Group runs will be held Sunday mornings at 8 or 9 am in Medina, Peninsula and Strongsville.** Occasional (optional) 2nd group runs in Hinckley or Medina during the week (likely around 9am or 6pm).
- 20 week training plan, written specifically for this program.
- Unlimited email / text access to the coach throughout the program

WAIVER: I understand that running is a potentially hazardous activity. I should not enter and run in a race unless I am medically able and properly trained. I assume all risks associated with training for and running in a race including, but not limited to, falls on the course, contact with participants, effects of weather, conditions of the course, traffic on the course, all risks being known and appreciated by me. Having read this waiver and knowing these facts, I, for myself, and anyone entitled to act in my behalf, waive and release the Road Runners Club of America, Medina County Road Runners, Angela Kovacs, their representatives and successors, and all sponsors from all claims and liabilities of any kind arising out of my participation in these club activities. I hereby grant permission for the use of photographs of myself and/or my minor family members in publications to include their website.

Signature: _____ Date: _____

"Believe that you can run farther or faster. Believe that you're young enough, old enough, strong enough, and so on to accomplish everything you want to do. Don't let worn-out beliefs stop you from moving beyond yourself." –John Bingham