

GEAR WEST SKI & RUN

FALL MARATHON TRAINING ---- STARTS MONDAY JUNE 22nd

Are you interested in completing your first marathon ?

Are you trying to qualify for Boston?

Are you looking to develop some great friendships and make training really fun?

If any or all of the above are of interest to you, join us!

Gear West Ski and Run and their coaches, Kevin and Cathy, have developed a proven training program to achieve beginner to intermediate marathon goals.

The Gear West Marathon Training Program offers organized long runs along with track and hill workouts. We focus on getting you to the starting line both rested and healthy and do this by following a program that centers on simple training concepts:

- 1.) Modest weekly totals
- 2.) Gradual increase in long runs
- 3.) Introduction of tempo/speed workouts
- 4.) Injury prevention strategies.

The program is lead by two experienced coaches that have been coaching and running marathons for over ten years. The Gear West marathon training program approach is not about surviving the marathon but focuses on enjoying the race

Kevin

I have been involved in endurance sports, cross-country skiing, running and triathlons for over 38 years. An All-America in x-country skiing, completed two Ironman Triathlons and finished over 13 marathons. The past 4 years I have been coaching marathon training classes. My goal is always to get everyone across the finish line and enjoy the journey.

Cathy Iverson

I have completed over 15 marathons, Boston Marathon 2x, 3 Ironmans and numerous triathlon. I have been a marathon coach for the last 4 years. The best part of coaching is helping runners meet and exceed their goals. It is amazing to watch the friendships that develop throughout the training and I have meet my best friends through marathon training. I look forward to helping each of you reach your goals.

Training days are: Monday and Wednesday at 6:00 p.m. and Saturday mornings.

Home base is the Gear West running store located in Long Lake MN. The group will be training on a variety of great trails and roads in the area but will also meet at a number of alternative locations such as the Hyland Ski Hill.

Runners will receive weekly emails detailing the workouts and meeting locations.

Marathon Training Fee - \$125

EARLY BIRD FEE - Sign up before June 15th. PAY ONLY \$100

Registration includes:

-A free Gear West running singlet

-A Gear West Coupon for 20% off a pair of running shoes (valid only during training program)

-Various discounts on running items during the training programs.

REGISTRATION....Please join us! No one is too inexperienced or un-fit! All we ask of you is a commitment to the program and a willing attitude to try your best. With a desire, you will be amazed at what you can accomplish!

Questions? Email Cathy Iverson at marketoffleas@hotmail.com or jan at gearwest@gearwest.com

To Sign Up:

Name _____

Address _____

Male ___ Female ___ Age _____

Phone: work: _____ cell: _____

email: _____

Run Experience: beginner _____ Intermediate _____
more info? _____

Goals: _____

Payment: You may drop off a check and registration at Gear West ski & Run.

Or, send it to: Gear West Ski & Run Attn: Jan Guenther

1786 W Wayzata Blvd Unit B Long Lake, MN 55356

Or, sign up on-line:

cc _____ exp _____

v-code _____

Cost:

\$100 thru June 15th

\$125After June 15th