



Marathon Charity Cooperation 2010 Marathon Training Program

www.mc-coop.org

Have you ever wanted to run a marathon or half marathon but not know where or how to start?
Join our training program, and we will help you achieve your goal!

Benefits of Our Program

- Run for a cause! Raise money for one of our charity partners while fulfilling your goal
- Runners in our program vary from first-time marathoners to veterans of 5-125 marathons
- Guaranteed entry in the Baltimore Half Marathon & Marathon and/or the Marine Corps Marathon (MCM)
- Exceptional treatment at the Baltimore Running Festival and Marine Corps Marathon to include a private tent and staging area, packet pick-up service, a special post race feast, separate facilities, and our own massage therapists
- Group runs every Saturday from May 8 to October 30 with on-course support, a post-run celebration each week with plenty of food and drink, and a free post-run yoga session
- Top-notch experienced RRCA-certified coaching staff. Coaches are present at each training run and provide assistance throughout the training program
- Informational seminars on topics such as nutrition, injury prevention, hydration, fundraising, strength building, and equipment
- Online discussion forum to communicate with coaches and for additional support
- RRCA insurance coverage and annual membership
- Discounts at local running stores and several local races
- Social activities and an extensive support network

Costs

- \$250 - with a guaranteed Marine Corps Marathon entry (race registration fee not included)
- \$225 - with a guaranteed Baltimore Half or Marathon entry (race registration fee not included)
- \$150 - if you join in May or June (\$50 due upon joining, \$100 balance due on July 1)
- \$100 - if you join in July or August
- \$ 50 - if you join in September or October
- \$ 15 - if you run for one of our charity partners

For more information visit us at www.mc-coop.org
or
contact us at events@mc-coop.org or 703-927-4833