



2010 Marathon Training Program for Marathons and Half-Marathons www.mc-coop.org

Do you plan to run a fall marathon or half marathon? Do you want a structured training program to get you to race day?

- Marathon Charity Cooperation (formerly Arlington Cooperation Foundation) offers you a 26-week training program...
• First weekly group run: Saturday, May 8, at 8:00 AM, in Bethesda on the Capital Crescent Trail
• Group run every Saturday in May at 8 AM; in June, July, August, and September at 7 AM; and in October at 8 AM...
• Educational seminars on equipment, nutrition, hydration, injury prevention, pre-race preparation, and fund-raising
• Top-notch training from experienced, expert RRCA-certified and USATF-certified coaches

www.mc-coop.org • 703-927-4833 • events@mc-coop.org

Register On-Line Now

Register By Mail

Please read and sign this registration form and waiver. By registering for this program, you accept the terms listed in this waiver.

I, for myself, as well as for my heirs, executors, administrators, trustees, and assigns, hereby waive and release any and all rights and claims for any fatality, injuries, and/or damages, including, but not limited, to demands or actions for negligence, premises liability, emotional injury, intentional conduct, tort claims, and any other actions of demands of whatsoever nature I have or may have in connection with my participation in this program...

This is an important legal document. Read carefully before signing.

Signature _____ Date _____
I am training for _____ Marathon _____ Half-Marathon
Name _____ M / F []
Address _____ Date of Birth ____ - ____ - ____
City, State, ZIP _____ Phone _____
E-mail _____

[] First Marathon? or Best previous full marathon, if any ____: ____ What Date? ____ - ____ - ____
[] First Half-Marathon? or Best previous half-marathon, if any ____: ____ What Date? ____ - ____ - ____

Enclosed is my registration fee:

[] Complimentary first session (but you must sign this waiver)
[] \$15 - I'm running for a Marathon Charity Cooperation partner charity: _____

On or before June 30, 2010 [] \$150 (\$50 upon joining, \$100 on July 1) [] \$140 - MCC members
July 1 - August 31, 2010 [] \$100 [] \$ 90 - MCC members
September 1 - October 30, 2010 [] \$ 50 [] \$ 40 - MCC members
Training program plus guaranteed entry to Marine Corps Marathon [] \$250 (Marine Corps entry fee is not included)
Training program plus guaranteed entry to Baltimore Marathon [] \$250 (Baltimore entry fee is not included)

Please make checks payable to "MCC" and mail to Marathon Charity Cooperation, 2776 South Arlington Mill Drive #246, Arlington VA 22206