

About The Running Company

Our goal at The Running Company is to be the leading specialty running and walking store by providing technical expertise, quality service and a positive atmosphere.

Customer service is the cornerstone of our philosophy. We approach customers with genuine enthusiasm, and our well-trained staff will help you find the best footwear and equipment for your healthy, active lifestyle.

Whether you are a beginning runner, a fitness walker, trying to improve your personal best time, a serious runner or somewhere in between, we provide personal service and attention using video gait analysis to fit you in the correct shoe for your foot type. We take great pride in your satisfaction!

We take the same pride in our training programs. Although we can't guarantee you'll be the fastest in town, we do believe the camaraderie you'll share with your fellow training partners will help you reach a new level of motivation and fitness.

Come let the run/walk experts at The Running Company help you reach your goal!

How to Join

- Bring this completed sign-up form to any location of The Running Company, or fax it to 317-202-7400.
- Come to either Broad Ripple or Carmel on Saturday, January 23 at 8am.
- Be prepared to run or walk for 30 to 40 minutes that day.
- On January 23 we'll give you a copy of the training program, explain it and answer your questions.

The Running Company
www.erunningcompany.com

Broad Ripple
1079 Broad Ripple Ave.
Indianapolis, IN 46220
(317) 202-0202

Carmel
2452 E. 146th St.
Carmel, IN 46033
(317) 571-0505

Fishers
8965 E. 116th St.
Fishers, IN 46038

Greenwood
Lifestyle Center at Greenwood Park Mall
1251 US 31 South
Greenwood, IN 46142
(317) 887-0606



2010 Half Marathon Training Program

Training in Broad Ripple and Carmel

January 23

to

May 8 (Mini Marathon)

or

May 22 (Geist Half Marathon)



www.erunningcompany.com



Half Marathon Training with The Running Company

**The Running Company • Half Marathon
2010 Training Program Sign-up Form
Fax: 317-202-7400**

The Running Company Training Program is designed to help people of all levels of experience and ability complete a half marathon. We offer programs for walkers and beginner, intermediate, and advanced runners, and we'll help you decide which program is right for you.

Don't be intimidated! Our program is for everyone, and our staff is committed to supporting each participant in his or her journey to success--whatever your goal!

A diverse group of participants ensures that you will find compatible training partners. Hundreds of people have found success with our training programs because we keep it simple and fun!

The Running Company training program is designed to suit your level of fitness and experience. We recommend you be able to walk or run about 30 minutes or 2 miles to begin the training program.

We'll teach you how to train, and also about the little things that make for a successful race. How to drink, what to wear, what to eat, and how to pace yourself. Email us if you have questions (info@erunningcompany.com).

Training Program Benefits

- Just \$40 per person. Lifetime membership (see below).
- Free microfiber shirt (for paid participants).
- Seminars featuring experts on health and fitness topics.
- Our partnership with St. Vincent Sports Performance Center enables us provide you with additional benefits, such as access to an athletic trainer.
- Fluid replacement drink on Saturday mornings.
- Training group meets at 8am on Saturday mornings in Broad Ripple and Carmel.
- Training on the scenic Monon Trail and Canal Towpath.
- Training programs for every fitness and ability level.
- Alumni of previous Running Company training programs may participate for no charge. Please sign the waiver. We apologize--we may not be able to provide a microfiber shirt to alumni if supplies are short.

Name: _____

Email: _____

Phone: _____

What event are you training for?

Have you done a half marathon before? _____

I plan to train in (circle one): Broad Ripple Carmel

Are you an alumni? _____

Name on credit card:

Card #: _____

Exp. Date: _____

Signature _____

Date _____

PLEASE SIGN WAIVER

Notice of waiver and release

In consideration of the acceptance of this application, I, (including my heirs, assigns, executors and administrators), waive and release The Running Company, LLC and any of its employees, sponsors or other representatives from any and all liability including any claims for damages, demands, and actions which may arise due to all possible injuries incurred as a result of my participation in this event, even if such liability arises out of the actions of the parties named in this waiver. I certify that I am medically and physically capable of participating in this program.

Signature _____

Date _____

