

RED COYOTE 2018

HALF/FULL MARATHON RUNNING PROGRAM

SPRING 2018 SESSION: January 9th – April 29th 2018

Red Coyote's Half and Full Marathon Training Program is designed to help you train for the OKC Memorial Marathon, but can be used to train for any spring half or full marathon. Red Coyote's training program is welcoming to all abilities. Whether you are a runner attempting your first endurance event or you are a competitive runner looking for a new PR, there is a place for you in Red Coyote's program.

At Red Coyote, we think sharing the training journey with friends working to achieve a common goal is the best part and makes every run more fun! We will help you achieve your goal safely by a gradual increase in your training. We give instruction on proper hydration, nutrition, injury prevention, running form, training principles, as well as other areas to help you have a successful race. We have over 30 experienced coaches who will support you and keep you motivated.

The cost of this 16 week program is just:

\$119 if you sign up **BEFORE** 11/25/17,
\$139 if you sign up 11/25/17-12/25/17, or
\$159 if you sign up **AFTER** 12/25/17

WHY TRAIN WITH THE PACK?

- A supportive group and experienced coaches to keep you motivated (we've trained over 1,000 half and full marathoners in 3 years!)
- Coached Sunday group long runs and Tuesday evening workouts
- Motivational and educational materials provided by coaches and peers
- Weekly training schedules and social runs
- Brooks Running TRAIN WITH THE PACK technical shirt
- Exclusive deals on Brooks running products and complimentary Brooks RUN WITH THE PACK technical tee
- Post Memorial Marathon and Half Marathon party
- Positive support, coaching, and a fun group to keep you motivated!

GOT QUESTIONS?

Come to one of our three informational meetings, each option will be held at the Red Coyote at 7pm. Each meeting will last approximately 30 minutes, or until all questions have been answered.

- Tuesday, December 12th
- Monday, December 18th
- Wednesday, December 20th

SCHEDULE

- KICKOFF WORKOUT AT RED COYOTE (Classen Curve location) STORE TUESDAY, JAN. 9th AT 6:00PM
- Sunday morning group "long runs" at 7am
- All other info will be shared in "Welcome" email or email training@redcoyoterunning.com

Waiver/Release, Emergency Contact, and Registration Form – Spring 2018

RED COYOTE RUNNING AND FITNESS HALF/FULL MARATHON RUNNING PROGRAM 5720 N. Classen Blvd. Oklahoma City, OK 73118

I know that running is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of Red Coyote relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including heat and/or humidity, traffic and the conditions of the road and/or trail, all such risks being known and appreciated by me.

Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release Red Coyote, The Classen Curve, Washington Prime Group, any parks departments, and all sponsors, their representatives, and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

I have read the liability waiver and understand the inherent risks with this activity. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

I certify that I am 18 years of age or older, or that I am the Parent/Guardian of the entrant and am granting permission for him/her to participate.

Signature: _____ Printed Name: _____

Date of birth: _____

Emergency Contact Information:

Name: _____ Relationship: _____

Phone: _____ (XXX-XXX-XXX)

Cashier's Name: _____

RED COYOTE HALF/FULL MARATHON PROGRAM REGISTRATION FORM

Registration Fee: \$ _____

PLEASE make sure all information is legible

First Name: _____ Last Name: _____

Date of Birth: _____ Gender (circle one): M or F

EMAIL: _____ Phone: _____

Address: _____ City: _____ St: _____ Zip: _____

I am training for the (circle one): HALF or FULL Marathon distance

I anticipate my pace per mile to be (please place an "X" in the ____ in front of your pace):

(Not sure about your pace? Go to <http://www.runningforfitness.org/calc/racepaces/rp> to calculate)

____ 7:00-8:00 mins/mile ____ 8:01-9:00 mins/mile ____ 9:01-10:00 mins/mile
____ 10:01-11:00 mins/mile ____ 11:01-12:00 mins/mile ____ 12:01-12:30 mins/mile (HALF Only)
____ 12:01-13:00 mins/mile (HALF Only) ____ 13:01-14:00 mins/mile (HALF Only) ____ 14:01-15:00 mins/mile (HALF Only)

TECH T-SHIRT SIZE: (Circle One – if you do not choose a size, a gender specific size XL is the default):

MEN's/Unisex: (SM) (MED) (LG) (XL) (XXL)

WOMEN's: (SM) (MED) (LG) (XL)