

## **2017 ALPINE RUNNERS MEMBERSHIP INCLUDES FREE BANK OF AMERICA CHICAGO MARATHON TRAINING PROGRAM**

This 20-week training program is organized and run by an RRCA Certified Running Coach and will get you from an aerobic fitness level of running 6 miles to finishing the Bank of America Chicago Marathon. You can use this training program to help you build up your mileage by just one mile on the weekend long run for two weeks then on every third week you back off the mileage and rest up for the following weekend mileage increase. By steadily increasing your mileage you are less likely to get injured before your fall marathon. You will be both physically and mentally stronger just knowing that you have done all the physical and mental training needed to get you through the distance of the marathon. What better way to go through the experience than with the camaraderie of other fellow runners of your level? The experienced group leaders will guide you through your weekend group training runs as they share their experiences with you. There will be group leaders of many different speeds from a 7:30 pace per mile to the 12:00 pace per mile and even a walk/run group. Don't worry if you think you might be too slow to run with a group because you won't be. No runner will ever be left to run on his own. The group leaders are there to answer your questions and help you get through each weekend run.

The Marathon Training Program will include group mid-week training runs. This program will offer long weekend training runs at the novice, intermediate and advanced level on Saturdays in Lake Zurich and on Sundays in Schaumburg. We will also include training schedules for a couple of the in-between training levels. The intermediate and advanced level will include a specially designed speed-training program to improve your previous marathon times. All weekend training runs will provide Gatorade and water at every 2 to 3 miles.

For your convenience we are offering you the opportunity to receive all the educational clinics on Wednesday, May 31 at 6:00 PM at Road Runner Sports, 20291 N. Rand Rd., Ste. 105, Kildeer, IL. Registration and training program information pick-up will start at 6:00 PM. This is the perfect time to get all the educational information you need before the training runs start up on the weekend of June 10 and 11, 2017. You will also have the opportunity to register and pick up your information before and during the sessions. The session is conducted by an RRCA Certified Running Coach and will include clinics on Training Methods and Goals, Shoe Selection and Apparel, Injury Prevention, Core Strengthening, Nutrition for Endurance Runners, Speed Training for our experienced marathoners and more! Our speakers are experienced runners and experts in their field.

### **Carey Pinkowski, Executive Director of the Bank of America Chicago Marathon**

You will have the opportunity to meet Carey Pinkowski, Executive Director of the Bank of America Chicago Marathon on Wednesday, May 24<sup>th</sup> from 6:30 PM to 7:30 PM at Road Runner Sports, 20291 N. Rand Rd., Ste. 105, Kildeer, IL 60047. You can hear him speak about this year's marathon and ask any questions that you may have. He is a very inspirational speaker and will get you all pumped up for your training with us all summer long! You will also learn how to prepare for your marathon training program!

### **Requirements:**

You should have a base of running for at least one year of 20 miles per week with a long run of 6 miles consistently to avoid any injury and have a greater marathon experience. You should consult with your medical professional before attempting any physical challenge.

### **You will receive:**

- Educational lectures given by marathon runners who are professionals in their field on Training Methods and Goals, Injury Prevention & Shoe selection and Apparel, Core Strengthening, Nutrition for Endurance Runners, Speed Training and Race Day Strategy & Recovery
- Alpine Runners Discount at Road Runner Sports, our sponsoring Running Shoe Specialty Store

- 20 weekend small group runs lead by trained, friendly and experienced group leaders at various paces at 2 convenient Suburban locations on either Saturday or Sunday mornings
- Weekend long runs supported by water and Gatorade at every 2 to 3 miles
- 20-week training schedule – 2 extra weeks of training after the marathon to get you recovered properly and back into your running routine
- 18 mid-week group training runs on Tuesdays, Wednesdays and Thursdays
- Speed Training for the Intermediate and Advanced Levels
- Handouts
- Weekly Marathon Training Tips
- The opportunity to purchase Alpine Runners Technical Running Shirt of your choice
- Mid-season and post-marathon parties will be available
- Supported Alpine Runners 20 Mile Training Run
- Indoor Hospitality room at the Palmer House for marathon race day with indoor washrooms
- Secure gear check for marathon race day
- 2017 \$25.00 Single Membership or \$35.00 Family Membership includes your training program with all the other club members benefits
- All this for only \$25.00
- Race entry fee is not included – register with a charity now at [www.chicagomarathon.com](http://www.chicagomarathon.com)

### **Registration and Packet Pickup**

Register online at [www.alpinerunners.com](http://www.alpinerunners.com)

You may register and pickup your training program information at the educational training sessions on Wednesday, May 31 during the entire clinic. If you do not or cannot pick up your informational handouts just contact Beth to give them to you on the first Saturday or Sunday group run.

### **Marathon Training Program Educational Training Session Date and Location:**

**Kildeer** – Road Runner Sports, 20291 N. Rand Rd., Ste. 105, Kildeer, IL 60047

Wednesday, May 31, 2017 6:00pm through 8:00pm

6:00pm – Informational Handouts Pick-up

#### **Clinic Schedule:**

6:00pm – Training Methods and Goals

6:30pm – Injury Prevention

7:00pm – Nutrition for Endurance Runners

7:30pm – Shoe Selection & Running Apparel

### **Marathon Training Program Weekend Training Runs**

**Lake Zurich** – Northwest Suburbs, Saturdays 7:00 a.m. June 10 thru October 21

Group runs the streets of Lake Zurich meeting at Lake Zurich High School

(lower parking lot), 300 Church St

**Schaumburg** – Northwest Suburbs, Sundays 7:00 a.m. June 11 thru October 22

Group runs in the Forest Preserve trail in Busse Woods – Entrance just east of Route 53 about ¼ mile on Golf Rd. parking lot south of entrance

### **Marathon Training Program Mid-Week Training Run**

**Lake Zurich** – Paulus Park, 200 S. Rand Rd.

Tuesdays 6:30 p.m. all year long

**Lake Zurich** – Paulus Park, 200 S. Rand Rd.

Wednesdays 6:30 p.m. all year long

**Lake Zurich** – Paulus Park, 200 S. Rand Rd.

Thursdays 6:30 p.m. except during the summer months when we have daylight

**Barrington** – Cuba Marsh, ½ mile west of Ela Rd. on Cuba Rd., Barrington

Thursdays, 6:30 p.m except after sunsets then we go back to Paulus Park.

**Marathon Speed Training Program for Intermediate & Advanced Levels**

**Lake Zurich** – Paulus Park, 200 S. Rand Rd.\*

Wednesdays 6:30 p.m. from April 5 thru September 27

**Training Program Coordinator and RRCA Certified Running Coach:**

Beth Onines

847-209-8843

[beth@illinoisruns.org](mailto:beth@illinoisruns.org)

**\*The speed workouts will be conducted from the Lake Zurich High School when school is out for the summer!**