



Need help training for the USAF Races?

Up and Running is proud to offer a group setting training program to help you train for the half marathon or marathon distance this year!

Register for your USAF Marathon race and then join us to train!

This 15 week training program will begin on June 2nd, 2018 at 7:30am at Up and Running in Dayton. A certified coach will oversee the training program and provide the online training plans. There will be 2 opportunities to train with the group per week, Tuesday at 6pm and Saturday at 7:30am. You will receive a weekly group email regarding training plan updates.

Members of the group will receive:

- Technical training shirt
- \$10 off a pair of non sale shoes from Up and Running (purchased by July 15, 2018)
- Stretching and core clinic
- Nutrition clinic
- Pre-race party and special deals just for YOU throughout the summer training season
- Race day transportation to and from event until 12pm

Informational meeting May 21st at 6pm at Up and Running in Dayton.

Participant cost \$75.00

Cash or check, payable to Up and Running, can be dropped off at either location or register online at www.upandrunningindayton.com

Release of liability– READ BEFORE SIGNING: In consideration of the acceptance of my entry. I hereby waive, for myself, any executors, administrators and assignees, all claims of any nature arising from my participation in the Up and Running Air Force group training program, and do thereby release whatsoever arising from any participation in this event. I attest and verify that I am physically fit and understand the risks for the program.

Name _____ Date _____

Birthdate _____ Gender: _____ Phone # _____

Address _____ Email address: _____

Emergency Contact Name _____ Phone # _____

Unisex T-shirt Size (circle one) X-Small Small Medium Large X-Large XX-Large

Up and Running Dayton
 6123 Far Hills Ave
 Dayton, Ohio 45459
 (937) 432-9210

www.upandrunningindayton.com

Up and Running Troy
 12 S. Market St.
 Troy, Ohio 45373
 (937) 401-0295