

TAKE THE FIRST STEP....

YOU CAN RUN A MARATHON... WITH THE GW MARATHON TRAINING PROGRAM

A JOURNEY OF 26.2 MILES BEGINS WITH A SINGLE STEP.....

TAKE THE FIRST STEP BY REGISTERING ON APRIL 6TH
FOR THE OCTOBER 2005 MARINE CORPS MARATHON
(WWW.MARINEMARATHON.COM.)

THEN JOIN THE GW MARATHON TRAINING PROGRAM TO
GO THE DISTANCE
AT [HTTP://WWW.GWU.EDU/~RUNNERS/MTPMAIN.HTML](http://WWW.GWU.EDU/~RUNNERS/MTPMAIN.HTML)

THE CROWD CHEERS AS YOU CROSS THE FINISH LINE. YOU'RE TIRED AND
SORE, BUT SMILING AS YOU RECEIVE YOUR MEDAL. YOU'VE DONE IT.
YOU'VE RUN YOUR FIRST MARATHON.

MAYBE THIS IS A LIFELONG DREAM. MAYBE YOU WANT TO CHALLENGE YOURSELF. MAYBE YOU'RE LOOKING FOR A WAY TO GET INTO BETTER SHAPE.
WHATEVER YOUR REASON, THE GW MARATHON TRAINING PROGRAM CAN HELP YOU REACH YOUR GOAL... AND ENJOY THE JOURNEY.

THE GW MARATHON TRAINING PROGRAM PROVIDES THE SUPPORT THAT GETS NEW RUNNERS TO THE FINISH LINE.
IN THE PAST 3 YEARS, OVER 100 MEMBERS HAVE COMPLETED THEIR FIRST MARATHON WITH US. YOU CAN TOO.

MOST PARTICIPANTS RUN THE MARINE CORPS MARATHON. THE 30TH ANNIVERSARY EVENT WITH 30,000 RUNNERS
WILL BE HELD ON OCTOBER 30, 2005. IT'S A RACE YOU DON'T WANT TO MISS!

YOU MUST GO ONLINE AND REGISTER EARLY ON APRIL 6TH AT WWW.MARINEMARATHON.COM, BECAUSE THE RACE WILL FILL QUICKLY.

THE GW MARATHON TRAINING PROGRAM WILL FILL QUICKLY TOO SO DON'T DELAY.
WE'VE GOT A PROVEN APPROACH TO HELP YOU RUN YOUR FIRST MARATHON.

THE PROGRAM INCLUDES:

- WEEKLY SATURDAY MORNING RUNS FROM MAY THROUGH OCTOBER LED BY COACHES SKILLED IN HELPING BEGINNERS
- GROUPS BY PACE FROM 9 MINUTE MILES TO 13+
- GUEST SPEAKERS ON EQUIPMENT, INJURY PREVENTION AND MORE
- THE FUN OF BEING WITH NEW FRIENDS FOR YOUR WEEKLY LONG RUN, THROUGHOUT THE PROGRAM AND ON RACE DAY

THE MARATHON PROGRAM COSTS ONLY \$50. YOU'LL HAVE AN OPTION TO RAISE MONEY FOR A CHARITY, BUT THAT'S NOT REQUIRED.

DO IT FOR YOURSELF, FOR FRIENDS, FOR FAMILY OR FOR THE COMMUNITY, BUT DO IT SOON.
TAKE THE FIRST STEP AND VISIT [HTTP://WWW.GWU.EDU/~RUNNERS/MTPMAIN.HTML](http://WWW.GWU.EDU/~RUNNERS/MTPMAIN.HTML)
TO GET MORE INFORMATION AND TO REGISTER FOR THE GW MARATHON TRAINING PROGRAM.

WE'LL HELP YOU CROSS THE FINISH LINE!

GO THE DISTANCE!

School of Public Health & Health Services

THE GEORGE
WASHINGTON
UNIVERSITY
WASHINGTON DC

THE DEPARTMENT OF EXERCISE SCIENCE AT GEORGE WASHINGTON UNIVERSITY'S SCHOOL OF PUBLIC
HEALTH AND HEALTH SERVICES OFFERS THIS PROGRAM AS A COMMUNITY SERVICE PROGRAM.