



# Rec Center Runners

## Marathon and Half Marathon Training Program

**16 WEEK**  
training program

**April 28, 2019**  
Run CRANDIC

Join the Rec Center Runners program to become educated, conditioned and part of a group for the “Run CRANDIC” marathon and half marathon! The course goes from Kinnick Stadium to NewBo.

••• January 7th - April 27th •••

Rockwell Collins Employees who are not Rec Center members may purchase the program and receive a 3-month Rec Center membership (full use) for \$192 plus tax.

**\$80** +tax\*  
to register!  
\*Member price



**Rockwell  
Collins**

Recreation Center

**Registration  
begins  
11/15/18!**  
Closes 1/4/19

### What does this program include?

- 16 week training manual (full and half marathon options)
- Group Speed and Hill workouts - Tuesday nights at 5:00 PM
- Educational classes - Thursday nights at 5:00 PM (see topics below)
- Long Run Group runs - Saturday mornings at 7:00 AM
- Rec Center Runners T-Shirt
- Chances to win great prizes by showing commitment and hard work!
- Go through training and complete the race with the Rec Center Runners!