

THE ANNAPOLIS STRIDERS PROUDLY ANNOUNCE:  
**THE FIFTH ANNUAL B&A HALF MARATHON TRAINING**  
**A 9-WEEK BUILD-UP PROGRAM FOR HALF MARATHON RUNNERS**

**1st Session** 7:30am Saturday, December 31<sup>st</sup>, 2011 Jonas Green Park, Rte 450 @ the U.S. Naval Academy Bridge, over the Severn River. This **low-key program** will guide the participants from a base of 6 miles up to a long run of 12 miles in 9 weeks. The goal will be for all who complete the program to be able to complete the Striders' B&A Trail Half Marathon at 730am on March 4, 2012 at Severna Park HS. You must sign up for the B&A half marathon on your own.

**Prerequisites:** Annapolis Strider membership and ability to run 6 miles as outlined above.

**Sessions:** Weekly: each Saturday at **7:30am**. We will run from Jonas Green Park onto the B&A trail race course and back. Water/Gatorade will be provided every few miles. Those who can't attend the session should strive to do the runs on their own.

**Program Includes:** A detailed 9 week schedule. How to build up for the half marathon, various pace charts, injury prevention and treatment, running safety, and keeping running fun. Information on appropriate winter running attire will also be provided. The B&A Trail has generously allowed us to hold this program on the trail. We must follow all B&A Trail rules. A handout on trail running safety and parking will be provided

**Cost:** No charge for Annapolis Strider members. See membership form/entry blank below.

**Registration Instructions:** Fill out the form below - a separate form is needed for each person. Parents must sign for those under age 18. Mail forms by Dec 23 to Susan Noble 26 Pocono Drive, Arnold MD 21012 or scan and email to [susanmnoble@gmail.com](mailto:susanmnoble@gmail.com)

After that, bring completed forms to the first session. Make checks payable to the Annapolis Striders. For information, call Bob Cawood – 410-280-2923 (rhbc@masoncawoodlaw.com), or Susan Noble 410-757-1156 [susanmnoble@gmail.com](mailto:susanmnoble@gmail.com)

**Meet the coaches night:** Come to Charm City (Parole) on December 7, 2011 from 6:00 to 7:30 to meet the coaches, receive training schedules and other valuable advice. **PLUS 20% off all merchandise!**

**Sponsored by the Annapolis Striders** a 1,400 member non-profit organization dedicated to improving health and fitness through distance running. Website: [www.annapolisstriders.org](http://www.annapolisstriders.org).

**Directions** to Jonas Green Park parking lot: from Annapolis – go over Naval Academy Bridge on Rte 450, turn right just over the bridge and make the first right as if you were going to the Severn Inn. Continue straight into the parking lot for the park. We can also park at the Severn Inn. Additional parking should be available at the WWII monument. Do not park on the grass or in any unmarked spaces.

First Time Half-Marathoner: Yes / No (circle one)

Interested in running B&A Trail Half Marathon Yes / No (Circle one)

Most recent 5K \_\_\_\_\_ (Race, Date, Time)

Most recent 10K \_\_\_\_\_ (Race, Date, Time)

Most recent 10 mile \_\_\_\_\_ (Race, Date, Time)

Most recent 13.1 (if applicable) \_\_\_\_\_ (Race, Date, Time)

Goal for the 13.1? \_\_\_\_\_ (specific time) or \_\_\_\_\_ (just finish!)

-----  
ANNAPOLIS STRIDERS, INC MEMBERSHIP FORM  
2012 HALF MARATHON TRAINING PROGRAM

TYPE OF MEMBERSHIP  NEW  RENEWAL  CURRENT (CURRENT MEMBERS SEND NO MONEY)  
 INDIVIDUAL \$15 ; SECOND MEMBER IN SAME HOUSEHOLD: \$10 ; FAMILY (ATTACH SEPARATE FORM FOR EACH MEMBER) \$30;  JUNIOR MEMBER UNDER 18 YEARS(PARENT/GUARDIAN MUST SIGN): \$6.

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_ MI \_\_\_\_\_ Birthdate \_\_\_\_\_

STREET & NR \_\_\_\_\_ CITY \_\_\_\_\_ ST \_\_\_\_\_ ZIP \_\_\_\_\_

EMAIL \_\_\_\_\_ PHONE NR \_\_\_\_\_

WAIVER AND RELEASE: I recognize that participation in this activity may involve certain hazards. I understand that I should not participate unless medically able. I assume the risks associated with involvement in this activity from any source, including, but not limited to falls, contact with participants, effects of weather, death, high heat, humidity, road and traffic conditions- these risks being known and appreciated by me. Having read this Waiver Release and considering the acceptance of my application, I, for myself and my heirs and legal assigns, waive and forever release the Annapolis Striders, Inc., the Road Runners Club of America, all volunteers, trainers coaches and directors, all sponsors and hosts, and their representatives and successors from any and all claim of any type resulting from their negligence and any and all claims resulting from liability of any type arising from my participation in this activity. I agree that the Annapolis Striders, Inc., the Road Runners Club of America, all volunteers, trainers coaches and directors, all sponsors and hosts, and their representatives and successors are under no obligation to care for the benefit of me, and are under no liability to me for injuries that I suffer as a result of the Annapolis Striders, Inc., the Road Runners Club of America, all volunteers, trainers coaches and directors, all sponsors and hosts, and their representatives and successors negligence.

I acknowledge that exercise is not without its risks, and this or any other exercise program may result in injury or death. To reduce the risk of injury, before beginning this or any exercise program, I have been advised to consult a healthcare provider for appropriate exercise prescription and safety precautions. I acknowledge that the training schedule and exercise program are in no way intended as a substitute for medical consultation. I acknowledge and agree that the Annapolis Striders, Inc., the Road Runners Club of America, and its agents and representatives, disclaim any and all liability from and in connection with this activity, and I agree to waive any and all claims for negligence against the volunteers, trainers, coaches and directors of this program, the Annapolis Striders, Inc., the the Road Runners Club of America, and any their agents and representatives.

SIGNATURE OF ENTRANT: \_\_\_\_\_ DATE \_\_\_\_\_

SIGNATURE OF PARENT/GUARDIAN IF ENTRANT IS UNDER AGE 18 \_\_\_\_\_ DATE \_\_\_\_\_

(MANDATORY)