

## ANNAPOLIS STRIDERS

### JFK 50 ULTRA MARATHON TEAM TRAINING PROGRAM

COME JOIN OUR OVER 21-WEEK

**JFK 50 Ultra Marathon Training Program  
targeting the November 20, 2010 JFK 50 Ultra Marathon!**

**1ST SESSION: 7:00 a.m. Sat., July 3, 2010  
JONAS GREEN PARK, Rte 450 @ the Naval Academy Bridge.**

This **low-key program** will guide the participants from a base of 10 miles through 2 26.2 training runs over 21 weeks. We will start at Jonas Green Park, run to the B & A rail, run the prescribed distance on the trail and return to Jonas Green Park. Occasional "Scenic" route diversions will be planned. Hydration on the trail will be provided, but all participants are encouraged to carry water/hydration. The goal will be for all who complete the program to be able to complete the JFK 50 Ultra Marathon. A formal training plan will be sent out in May.

**Prerequisites:** Annapolis Strider membership, prior marathon completion, over the age of 18, and ability to run 10 miles comfortably as outlined above.

**Sessions:** Weekly: each Saturday at 7:00 a.m. sharp (time will be move back to 6:30 a.m. a few weeks into the program due to increased heat/humidity). Those who can't attend the weekly session should strive to do it on their own. The training program will also provide "on your own" training during the week. **New this year: We plan to have a weekly weekday group "competition" run in the early evening at a local park to practice long distance speed work. Details to be provided.**

**Program Includes:** How to build up for the ultra marathon, various pace charts, injury prevention and treatment, running safety, and keeping running fun. Information on appropriate summer running attire and hydration will also be provided. The B&A Trail has generously allowed us to hold this program on the trail. A handout on trail running safety will be provided.

**Cost:** No charge for Annapolis Strider members. Race Fee payment to JFK 50 (which has closed out as early as the 1<sup>st</sup> week of July) and any "training" marathons required on your own. We DO NOT register you for JFK, so get your race registration application in early! See membership form/entry blank below.

**Registration Instructions:** Go to [www.annapolisstriders.org](http://www.annapolisstriders.org) and click on "JFK 50." Fill out the form - a separate form is needed for each person. Parents must sign for those under age 18. Mail completed forms by June 15 to Susan Noble 26 Pocono Drive, Arnold MD 21012. 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](mailto:rhbc@masoncawoodlaw.com) or Susan Noble 410-757-1156 [susanmnoble@verizon.net](mailto:susanmnoble@verizon.net).

**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 will check with the Severn Inn to see if we can use their lot as well. Additional parking should be available at the WWII monument. Do not park on the grass or in any unmarked spaces.

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ANNAPOLIS STRIDERS MEMBERSHIP FORM  
2010 JFK 50 Ultra Marathon Team 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 NUMBER \_\_\_\_\_

First Time Ultra Runner: Yes / No (circle one)

Name, Date and Time of last completed marathon: \_\_\_\_\_  
\_\_\_\_\_

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 the 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, Annapolis Striders, Inc., the Road Runners Club of America, any their agents and representatives.

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

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