



Let VR Training help you prepare for your Fall Marathon!

**Program Features**

- Receive personalized training plans based on your ability, goals, and lifestyle
- Stay motivated with seminars featuring cross-training, nutrition, and injury prevention
- Get the latest tips and features on running, fitness, and training
- Group activities including scheduled group runs
- Fully aided group runs for training group runs greater than 16 miles



**Getting Started**

*First Month of Training is FREE!!!*

There is no obligation to the training group up front. We want you to feel comfortable in our training group so we invite you to give it a try!

Fees for Training Group (Includes Race Entry Fee)

\$125 Marathon

\$100 Half Marathon



**Contact Us Today**

eMail: vince@verticalrunner.com

Web: www.verticalrunner.com

Phone: 330.656.1176

**Let us help you achieve your goals**

**Training Group for all Levels and Abilities**

Coaches range from sub 3 hour marathoners to those who just toe the line to finish

**Discounts at Vertical Runner**

10% OFF Discount on footwear and accessories & 15% on apparel and socks

**Resources**

- The Vertical Runner Message Board is a great resource for Akron Marathon and Team Relay participants
- The Vertical Runner Website has an abundance of information that you can use for training, such as our direct link to Dr. Niles Shah and Summa Sports
- Free assessment at Human Potential Labs - [www.humanpotential-labs.com](http://www.humanpotential-labs.com)

Targeted Ohio events are the Akron Marathon & Half Marathon, Towpath Marathon & Half Marathon, and the Columbus Marathon & Half Marathon. Out of state marathons or ultra marathons are fine too!!!

If you are interested in beginning to train in May, please answer the following questions:

What is your targeted event?

What are your goals?

Have you had any past injuries?

Are there any health issues that restrict your training?

If so, what are they and have you been approved to train for the event by a physician?

How many days of the week do you typically run?

Which days do you prefer to run?

Do you cross train?

If yes, what is the duration of time you spend cross training?

What days of the week do you cross train?

What is the longest event that you have participated in?

Was it a 5K, 10K, Half Marathon, Full Marathon?

When did you complete it and what was your finishing time?

What is your current weekly mileage?

What is your current long run?

Please email the answers to these questions to:

vince@verticalrunner.com