



**White Rock/Sacramento/Las Vegas
(or other December marathon)
2010 MARATHON/HALF MARATHON
TRAINING GROUP**

Are you running your first marathon or half marathon? Trying to qualify for Boston? Want to improve? Join Austin's legendary training group for marathon training the Gazelles way. Over the past seven years hundreds of Gazelles have made the trip out west to Sacramento and up I-35 to Dallas for the always popular White Rock Marathon/Half Marathon. Join others of all different abilities as you train under NCAA champion Gilbert Tuhaboyne in an exciting group dynamic where you'll gain a broad understanding of training philosophy, race strategy, nutrition and more. Workouts include hills, circuit training, intervals, tempos, fartlek, pace and long runs.

START DATE: August 2nd, 2010

CLASS OPTIONS: M/W - 5:45, 7:15, 9:30 a.m. OR

T/Th - 5:30 p.m.

ALL - Saturdays at 6:00am

COST: \$275 (\$225 for returning Gazelle)

LOCATION: RunTex Riverside, 422 W. Riverside Dr.

****INFORMATION SESSIONS 4TH SATURDAY OF EVERY MONTH AT RUNTEX ****

HIGHLIGHTS:

- Customized training calendar tailored to your needs
- 15% discount at all RunTex locations
- 4 Free Boot Camp/Core Classes per week
- On-site physical therapists
- Video Analysis of your running form
- Bonus stretching on Saturdays
- Online forum, videos, Gazelle gear

Questions? Email info@gilbertsgazelles.com or call 512.589.1310.

REGISTRATION FORM

First Name: _____ Last Name: _____

Address: _____ Age: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____

Email: _____

Attach Cash or Check made payable to: **Gilbert's Gazelles**

WAIVER

In consideration of this entry, I hereby release Gilbert Tuhaboyne, RunTex, the officials of this program and any and all groups, people, and facilities connected with the RunTex Gilbert's Gazelles Training Group for any and all injuries incurred to me or by me or any acts or omissions by any organization, or individual that take place during said program. I further certify that I am physically able to participate in this program. I hereby grant full permission to any and all of the foregoing to use any photos, videotapes, motion pictures, and recordings or any record of this program.

Signature: _____ Date: _____