



SAN ANTONIO, NEW YORK OR OTHER NOVEMBER MARATHON/HALF MARATHON TRAINING GROUP

Are you running your first marathon or half marathon? Trying to qualify for New York? 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 down south to San Antonio and have headed east for the famed New York 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. Gazelles workouts include hills, circuit training, intervals, tempos, fartlek, pace and long runs.

Please remember that if the offered time(s) noted herein isn't the most convenient for you, you may email us to see about attending a different class, at the time which best suits you.

START DATE: July 5th/6th, 2010
LENGTH: Eighteen (18) weeks
FREQUENCY: M/W 5:45 a.m. or T/TH 5:30 p.m. plus Saturdays @ 6:00 a.m.
COST: \$275 for new members; \$225 for returning Gazelles
LOCATION: RunTex Riverside, 422 W. Riverside Dr.

Highlights

- Three (3) groups meetings per week with bonus stretching session on Saturdays
- Customized training calendar tailored to your needs and ability
- Video analysis of your running form
- Complimentary participation in up to four (4) Boot Camp classes per week
- Access to an online services, including a member forum, videos and a Gazelle Gear store
- 15% discount on apparel and gear at all RunTex locations

REGISTRATION FORM

First Name: _____ Last Name: _____

Address: _____ Age: _____

City: _____ State: _____ Zip: _____

Cell Phone: _____ Other Phone _____ (Work Home)

Email: _____ Gender: M F (Circle One)

PAYMENT

Payment may be made online by clicking the "Pay Online" button at www.gilbertsgazelles.com. If paying online is not an option, please email us at info@gilbertsgazelles.com.

WAIVER

In consideration of this entry, I hereby release Gilbert Tuhabonye, RunTex, the officials of this program and any and all groups, people, and facilities connected with RunTex and the 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 takes 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 forgoing to use any photos, videotapes, motion pictures, and recordings or any record of this program.

Signature: _____ Date: _____