



2009 Austin Marathon Training Group

Train under Gilbert Tuhaboyne, the best running coach in Texas, and with other experienced marathoners in an exciting group dynamic. This program is for dedicated runners who want to improve their previous experience, gain a broad understanding of training philosophy, race strategy, nutrition and more. Workouts include hills, circuit training, intervals, tempo runs, track work, fartlek, pace and long runs. Participants should be able to comfortably complete a ten-mile run. Mileage will be 40-60 miles per week depending on ability.

Comprehensive 18-Week Training Program
Customized training calendar tailored to your needs and ability
15% Discount at all Runtex stores
Bonus stretching session on Saturdays

START DATE: Saturday, Sept 13, 2008

LENGTH: Monday, Feb 16, 2009

FREQUENCY: M/W 5:45am; Saturdays 6:00am

PRICE: \$250 (\$200 for returning Gazelle)

LOCATION: RunTex Riverside, 422 W. Riverside Dr.

CONTACT: Gilbert Tuhaboyne
info@gilbertsgazelles.com
512.472.3254 ext. 261

REGISTRATION FORM

First Name: _____ Last Name: _____
Address: _____ Age: _____
City: _____ State: _____ Zip: _____
Home Phone: _____ Work Phone: _____
Email: _____ Shirt Size: S M L XL Gender: M F

Attach Cash or Check made payable to: **Gilbert Tuhaboyne**

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 2008 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 forgoing to use any photos, videotapes, motion pictures, and recordings or any record of this program.

Signature: _____ Date: _____
(Parent or guardian if under 18)