



Marathon Training Group

Are you running your first marathon? Trying to qualify for Boston? Want to improve? Join Austin's legendary training group for marathon training the Gazelles way. You'll 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.

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: 18 Weeks Before Your Marathon
LENGTH: 18 Weeks
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 Ph: _____ Work Ph: _____

Email: _____ Gender: M F

Start (Circle one): San Antonio/New York: July 4; Dallas White Rock: Aug 1; Houston: Sept 12; Austin: Oct 10

Pay online at GilbertsGazelles.com Or 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 2009 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)