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**AKRON MARATHON TRAINING 101**

**Both Half and Full Marathon Training! **

**Registration begins April 1, 2014**

**Akron Area YMCA Locations:**

**Firestone Park YMCA:** 350 E. Wilbeth Road | Akron, OH 44301 | (330) 724-1255
**Green Family YMCA:** 3800 Massillon Road | Uniontown, OH 44685 | (330) 899-9622
**Lake Anna YMCA:** 500 West Hopocan Ave. | Barberton, OH 44203 | (330) 745-9622
**Riverfront YMCA:** 544 Broad Blvd. | Cuyahoga Falls, OH 44221 | (330) 923-9622
**University Park YMCA:** 477 E. Market Street | Akron, OH 44304 | (330) 434-9622
**Wadsworth YMCA:** 623 School Drive | Wadsworth, OH 44281 | (330) 334-9622

**Akron Maraton Training 101 - Informational Meetings:** (May 1, 2014 @ 7pm, Green Family YMCA & May 6, 2014 @ 7pm Lake Anna YMCA) Those interested in participating in Akron Marathon Training 101 are invited to attend an informational meeting where they can learn about the training program, ask questions, discuss fitness assessments and runner's institutes and meet the running coaches. Attendees will receive a schedule for two weeks of coach led trial training runs — providing a great opportunity to experience part of the training before they commit to the program.

**Register Now:** Participants can register beginning April 1 – June 8 at branch locations, over the phone or online at akronymca.org/5ks. Registration is $120 for members and $160 for Program Members which includes your registration fee to the Akron Marathon. Fees are $10.00 less for the half marathon.

**Fitness Assessments:** (Begin week of May 19) Runners will be provided with fitness assessments that will measure their base line, including blood pressure, weight, endurance and BMI. Runners will then be able to track their progress while they train. Assessements will also be completed at the Marathon Training Kick-off event May 22nd @ Green YMCA.

**Kickoff Event: (May 22nd 7:00 PM)** The Akron Area YMCA and Akron Marathon will host a kickoff event on Thursday, May 22 at the Green YMCA gymnasium at 7:00pm for all training participants. Individuals will be able to meet their coaches and fellow runners, pick up important information including the training plan and meet key people of the Akron Marathon team. Vertical Runner will be the title sponsor with giveaways and shoe fitting information.

**Runners' Institutes:** Please join the Akron Marathon and Summa Center for Sports Health for the Runners' Institute Seminar Series. This informational series is designed for beginner/novice runners of all ages and distances. *Dates and times to be announced soon.*

**Weekly Training Runs*:** Runs with the coaches and fellow training partners are Monday and Wednesday evenings and Saturday mornings, at varying times. *Dates and times to be announced soon.* Included will be the opportunity for runners to participate in Blue Line Runs allowing you to experience the Akron Marathon course before race day. *Participants can check their coaches' monthly run schedules at: **akronymca.org/5ks**

For Akron Marathon Training 101 and all Akron Area YMCA 5K/10K races visit: **akronymca.org/5ks**