



## **2010 Marathon/Half Marathon Training Information**

### **Most FAQ's**

#### **How much does the training session cost?**

At RunnersWorld Tulsa, our training sessions are Free. We offer the training as a service to the running community because we love the sport and we hope you grow to love it as well.

#### **How can I sign up?**

You may register at either of our orientations:

Monday, December 6 at 6:00

Or

Thursday, December 9 at 7:00PM.

Both sessions are at RunnersWorld and you need attend only one session.

You may also print a registration form from our web-site and drop it by the store or fax it to us at 918-749-7564.

#### **When does the new session start?**

The first official day of training will be:

Saturday, December 18 at 7:45AM.

We will meet at Veterans Park. (21<sup>st</sup> and Boulder)

#### **What if I miss the first day, can I still join the group?**

You can join the group at any time.

#### **How many days a week do we run as a group?**

We run together three days a week.

Monday at 5:30PM at RunnersWorld Tulsa.

Thursday at 5:30PM at RunnersWorld Tulsa.

Saturday mornings. Times and places are subject to change. Watch the e-mails we send out to you or check the RunnersWorld web-site for information

### **Do I have to attend all three days to train with the group?**

We understand that we all live busy lives. You may attend as many or as few days as you want to or can. Upon registration, you will be given your complete training schedule and so you will be fully informed as to how many days a week you should run and what distances.

### **What event is this session training to do?**

The primary focus for this session is the OKC marathon or half. You are not limited to or required to run OKC. If you have another race that you choose to run, let us know and we will help you with a training schedule that will suit your needs.

### **Do I have to train for a specific race to run with the group?**

Our training runs are open to anyone that wants to run or walk with a group. You do not have to train for anything at all to run with our group.

### **Do you have pace groups?**

Yes we do. All of our groups are broken down into specific paces.

### **How do I know which group I am in?**

After you fill out your registration form, we take the information and match you up with a run leader that runs your approximate pace. Your run leader will send you an e-mail to let you know the name of the group you are in.

### **Do I have to run with the group I am assigned?**

Our groups are flexible. You can run with anyone that you want to. Each group will be running a specific range of pace and if you want to change based on your ability, you can. Nobody knows your body and ability more than you do. We are there to give you advice and guidance, but we want you to learn to run according to your own abilities.

### **Will I be educated on different aspects of my training?**

We will give you as much guidance and advice as possible. We will send out weekly e-mails with training tips and information and weekly encouragement. We also do seminars on lots of different subjects such as...nutrition, stretching, strength training, etc.

### **Will there be route maps and route directions?**

Mondays and Thursdays, we pretty much cover the same ground and since these are shorter runs, you will be able to figure out the routes with relative ease. Saturdays, we tend to vary the routes and the run leaders will print out turn by turn directions and have them available for you that morning. We also post our Saturday routes and maps on the RunnersWorld web-site.

### **Do you provide water/Gatorade for the training runs?**

We will provide water for the Monday and Thursday runs. Saturdays we usually have water and Gatorade at the start/finish area and on the course. We have snacks at the start/finish area for the Saturday runs.

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