



Galloway Training Program 2010 All Levels Welcome

The Jacksonville Galloway Training Program is an Official Jeff Galloway Training Program™ and the Official Training Program for 26.2 with Donna The National Marathon to Fight Breast Cancer. Jeff Galloway's Marathon Training Programs are for all levels of runners, from beginning runners to Boston qualifiers. Our Saturday morning group runs feature a RunWalkRun® approach that includes walking breaks at regular intervals based on your skill level. Pace groups (of usually 8-15) are set up according to current fitness level, and a Group Leader is assigned to keep the speed slow enough for all members and to enforce walk breaks from the beginning to the end. Register online at www.breastcancermarathon.com/run/local-training/.

2010 Program Offerings

We are offering four (4) separate programs this year targeting the full and half marathon events at the Third Annual 26.2 with Donna The National Marathon to Fight Breast Cancer on February 21, 2010. All members will receive:

- Runner's World Subscription for 1 year (Marathon Training Members only)
- Personalized training program and schedule to lead you to your goal
- Weekly Saturday pace group runs – rain or shine!
- Jeff Galloway's book GALLOWAY TRAINING PROGRAMS
- Direct Email connection to Jeff Galloway
- A training journal to record your training and to analyze progress
- Running, nutrition, shoe and apparel clinics
- Official program coolmax t-shirt to wear with pride!
- Discounts at Jeff's Tahoe Retreats and Running Schools
- Other Galloway groups to train with when you're visiting other cities
- Lots of support and camaraderie!
- We truly RUN WITH DONNA!

Getting Started

Beginners' Training

Session 1: June 6 – July 25

Session 2: Aug 29 – Oct 17

Alumni*: \$69

New: \$89

For beginners, this 8 week program is designed for participants who are new to the sport of running, or new to the RunWalkRun® method. The program will focus on the basics, allow for one-on-one coaching and to start our runs will be under 1 mile. Each Saturday, we will begin with a clinic followed by a group run.

Marathon Training

Targets 26.2 with Donna Full

Aug 1 – Feb 27, 2010

Alumni*: \$99

New: \$159

This 30 week program is designed for those who have been doing some running or walking for a few weeks and are targeting a Full Marathon event. With more than 12 pace groups available, our program is ideal for beginners and Boston qualifiers.

Half Marathon Training

Targets 26.2 with Donna Half

Oct 31 – Feb 27, 2010

Alumni*: \$75

New: \$95

This 18 week program is designed for those who have been doing some running or walking for a few weeks, and are targeting a Half Marathon event.

*Any runner or walker who has completed a Galloway Program before is considered Alumni.



I know that walking, running and volunteering in club races and training programs are potentially hazardous activities. By entering this club and joining this training program, I am taking responsibility for medical clearance and for being physically fit and properly trained. I agree to abide by any decision of program officials relative to my ability to safely complete these activities. I assume all risks associated with walking, running, and volunteering in club races and training programs, including but not limited to my own fitness and health condition, falls, contact with other participants, the effects of weather including high heat and/or humidity, traffic and the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of you accepting my application, I for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Phidippides Runners club, Jeff Galloway, JFG Ltd., Galloway Productions, Directors, its leaders and officials, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this club and training program though that liability may arise out of negligence or carelessness on the persons named in this waiver and other organizations. I grant permission to all the foregoing to use any photographs, motion pictures, recordings or any other record of this program for any legitimate purpose. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and headsets are not allowed in this event and I will abide by this guideline.

PLEASE WRITE LEGIBLY
Delays in processing your registration, emergency contact and Runner's World subscription (if applicable) may result if we are unable to read your handwriting!

Signed _____ Date ____ / ____ / ____

Print Name _____

Birth date ____ / ____ / ____ Male _____ Female _____ T-Shirt Size _____

Email Address _____

Address _____

City _____ State _____ Zip _____

Phone Number _____ - _____ - _____

 Emergency Contact _____

Emergency Contact Phone Number _____ - _____ - _____

Checks, Master Card, VISA and American Express Accepted. Make checks payable to JFG.

Amount Paid \$ _____ New To Program _____ Alumni _____

Credit card # _____

Expiration Date ____ / ____ Name imprinted on card _____

Sorry, No Refunds!
Galloway Training Program Membership Does NOT Include Entry Into Any Race

For PD Use Only: Marathon ____ Half Marathon ____ Getting Started ____ 10K ____ Other ____

For Office Use Only: BK _____ Active _____

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