



## 2019 Illinois 1/2 Marathon Training Program

Class taught by RRCA and USATF certified running coach, Joe Bails, MS Kinesiology. This 12-week program is designed to prepare participants to run their first 1/2 Marathon or help participants improve on their previous 1/2 Marathon time.

7:00 a.m. on Saturdays starting February 2

**Pre-registration is required.**

Class Information	Highlights
\$100 (w/shirt) – register by January 30, 2019 Class dates: February 2 – April 20, 2019 Coach: Joe Bails Location: various to include Champaign, Urbana and Mahomet, IL	Taught by an experienced & certified coach Weekly meetings include a talk on running-related topics, dynamic warm up, a group workout, and cool down with static stretching Receive a 12-week training plan

**Please Print Clearly**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Age: \_\_\_\_\_ Birth Date: \_\_\_\_\_ Sex: M or F

Tech Shirt size (gender specific): X-Small Small Medium Large X-Large

**Waiver:** In consideration of my participation in this class, I the undersigned, my heirs, executors and administrators consent to discharge, release and hold harmless Coach Bails Running LLC, and their affiliates, agents, servants, employees, successors and distributors for claims, action, losses, damages or expenses for personal or bodily damage and property loss or damage incurred by me arising out of or in connection with my participation in this class. I hereby grant permission to the parties listed herein to use my name and photographs, videotapes, motion pictures, recordings or any other record of my participation in this class for any purpose.

I have read the foregoing, am of legal age to consent to the waiver and have trained to the best of my ability for this event.

Participant Signature \_\_\_\_\_ Date \_\_\_\_\_ Parent/Guardian if participant is under 18 \_\_\_\_\_

Mail signed **Illinois 1/2 Marathon Training Program** registration form and \$100 check, made payable to **Coach Bails Running, LLC**, postmarked no later than January 30, 2019 to:

Coach Bails Running  
 811 Riverside Dr.  
 Mahomet, IL 61853.

Questions? Contact Joe Bails (217) 766-9008 or [joe@coachbails.com](mailto:joe@coachbails.com)

**Absolutely no refunds or transfers.**

Joe holds the USATF Level 1 Coaching and Level 2 Youth Specialization coaching certification, RRCA distance running coach certification, and is CPR, AED and first aid certified.