



**NOTABLE SPRING/SUMMER EVENTS:**  
**JUNE 6<sup>TH</sup> – SAN DIEGO**  
**JUNE 19<sup>TH</sup> – GRANDMA'S (MINNESOTA)**  
**JUNE 26<sup>TH</sup> – SEATTLE**  
**JULY 25<sup>TH</sup> – SAN FRANCISCO**

## **MARATHON/HALF MARATHON TRAINING GROUP SPRING/SUMMER 2010**

Are you running your first marathon or half marathon? Trying to qualify for Boston or New York? 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.

**START DATE:** 18-20 Weeks Before Your Marathon or Half-Marathon  
**CLASS OPTIONS:** M/W - 5:45, 7:15, 9:30 a.m.

T/Th - 5:15 p.m.; ALL - Saturdays at 6:00am

**COST:** \$250 (\$200 for returning Gazelle)

**LOCATION:** RunTex Riverside, 422 W. Riverside Dr.

**\*\*INFORMATION SESSIONS 4<sup>TH</sup> SATURDAY OF EVERY MONTH AT RUNTEX \*\***

### **HIGHLIGHTS:**

- Customized training calendar tailored to your needs
- 15% discount at all RunTex locations
- 3 Free Boot Camp/Core Classes per week
- On-site physical therapists
- Video Analysis of your running form
- Bonus stretching on Saturdays
- Online forum, videos, Gazelle gear

**Questions? Email [info@gilbertsgazelles.com](mailto:info@gilbertsgazelles.com) or call 512.589.1310.**

### **REGISTRATION FORM**

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

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

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

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Email: \_\_\_\_\_ Shirt Size: S M L XL Gender: M F

Start (Circle one): January 4    February 1    March 1    April 5

Attach Cash or Check made payable to: **Gilbert's Gazelles**

### **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 RunTex 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 foregoing to use any photos, videotapes, motion pictures, and recordings or any record of this program.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(Parent or guardian if under 18)