



9 WEEK HALF MARATHON TRAINING COURSE!

Commencing Monday, January 19th, 2009.

Culminating in the Darlington Half Marathon on March 22nd, we will take participants through a graduated and professional training programme for the Half Marathon Distance. It is also perfect for those preparing for the Busselton Half Ironman in May. There will be a separate OPEN and WOMAN'S ONLY group (*) aimed at getting you to the start ready to beat your PB or finish your first Half Marathon

Included in Course Fee of only \$275 (inc GST)

* **Expert Advice** from coaches Ray Boyd, Raf Baugh and Kathy Garnett

* **Online Email training advice** for duration of course

* Official Pre-event **Carbo-Loading Meal**

* Access to **35 sessions conducted FOUR** sessions per week:

Monday	5.45pm Hyde Park, Highgate
Wednesday	5.30pm Terry Tyzack Carpark, Menora
Thursday	5.45pm Yokine Reserve, Menora
Saturday	8.45am Cnr Mountsbay Rd and Hackett Dve, Crawley

* Official **Front Runner Course T-Shirt**

* **Front Runner VIP Card** giving you 20% Discount at our "Front Runner Supporters Network" including Shotz Products, Ryders Eyewear, Powerplay Sports and Cyclemania.

To ensure quality hands on coaching and sufficient time to offer advice and feedback we will only be accepting 20 athletes in each squad (*)

Email your interest or any queries to rafbaugh@hotmail.com. Acceptance we be confirmed by receipt of payment and is on a first come, first served basis until spots are filled.

The Front Runner Sports Management team look forward to helping you achieve your goals at the 2009 Darlington Half Marathon

(*) Participants are required to be medically certified as physically fit to train for a Half Marathon AND have completed a 10k running event or longer in the past 12 months