

Sponsored by



See Jane Run Marathon Training Team

In partnership with



See Jane Run Mission Statement

To offer inspirational training programs to women to promote health and well being, while raising money for community organizations that help women and girls live happy, healthy, and active lives.

What is the See Jane Run Marathon Training Team all about?

The See Jane Run Marathon training team is designed for the athlete in every woman. Whether you have never seen a marathon, much less participated in one, or want to get a bit stronger or faster than your last marathon, this team will help you achieve your goal. We will have programs designed for those who wish to run the entire marathon, run/walk the marathon or to walk the entire 26.2 miles. We will provide you with an expertly designed training program to get you to your goal, instructional workouts to make you stronger, nutritional, apparel and footwear clinics to keep you healthy, and much more to help you arrive at the Nike Marathon ready to go!

In addition to accomplishing the goal of completing a marathon, but you will also be supporting a great cause - \$100 of each entry fee into the program will be donated to NAWBO – the National Association of Women Business Owners. The National Association of Women Business Owners (NAWBO) is America's only dues-based organization to represent the interests of all women entrepreneurs in all types of businesses. With headquarters in Washington DC, and over 60 chapters countrywide, our organization supports and empowers women business owners across the nation. Our goal is to get 100 participants which would mean \$10,000 for NAWBO! NAWBO For information about NAWBO visit <http://www.nawbo-sf.org/about.html>.



Details of the Program

Goal: Nike Women's Marathon, San Francisco, CA - October 24th, 2004

Dates of Program: July 11th through October 24th – 15 weeks

Program Highlights:

- A beginner marathon training program that will accommodate runners, walkers or run/walkers
- A comprehensive 15-week training program outlined to get you to your goal of successfully completing 26.2 miles
- A day by day training calendar to follow during the 15 weeks
- One weekly, trainer-lead group workout on Sundays
 - Group stretching before and after each group run
- Clinics to help improve the effectiveness and efficiency of your training
 - heart rate training
 - nutrition
 - hydration
 - stretching
 - injury prevention
- A team training shirt

Cost of the Program: \$300 (does not include the price of registration for the marathon)

To Register for the See Jane Run Marathon Training Team

- Visit our website at: www.seejanerunsports.com/training/marathon.shtml
- Call us at: 415/401-8338
- Come into our stores:
 - San Francisco: 3910 24th Street (Noe Valley)
 - Oakland: 5817 College Avenue (Rockridge)



For more information and to Register for the Nike Marathon

- Visit the official website at: <http://www.nike.com/nikemarathon/>

Noe Valley
3910 24th Street
San Francisco CA 94114
415-401-8338

Hours
M-F 11-7
Sat 10-6
Sun 10-5

Rockridge
5817 College Avenue
Oakland CA 94618
510-428-2681