

To be ready to begin this program:

Marathoners should average 15-18 miles/week in December. Half Marathoners should average 10-13 miles/week in December

2009 SHuffler's Weekly Long Run marathon/half marathon

<u>Date</u>	<u>Distance</u>	
1 Jan 3	7/4	8:00 a.m. Bicentennial Trail Milham Road
2 Jan 10	8/5	<i>post run orientation meeting</i>
3 Jan 17	9/6	
4 Jan 24	7/4	
5 Jan 31	10/7	
6 Feb 7	11/8	7:30 a.m.
7 Feb 14	13/9	<i>pasta meal Friday night</i>
8 Feb 21	8/6	
9 Feb 28	15/10	
10 Mar 7	8/8	
11 Mar 14	17/11	
12 Mar 21	8/8	
13 Mar 28	20/12	7:00 a.m. @ Kal-Haven Trail 10th St
14 April 4	8/8	
15 April 11	22/13	
16 April 18	8/6	
17 April 25	13/13	(Borgess Half Marathon)
18 May 2	26	(Mile 26 to So. Haven; party!)
19 May 9	13	taper
20 May 16	8	taper
21 May 23	26.2	Bayshore Marathon

Website: www.s-heights.org

Click "Growing As Disciples"



"Let us run with endurance, the race set before us" – Hebrews 12:1

Contact Dan Sarkipato
shufflerskzoo@yahoo.com
269-808-1069



Yes, You Can Run a Marathon Or Half Marathon in 2009!

HOW DO YOU EAT AN ELEPHANT?
ONE BITE AT A TIME...

Website: www.s-heights.org
Click "Growing As Disciples"

Kalamazoo SHufflers
Marathon/Half Marathon
Training Group

HELPING YOU ACHIEVE YOUR DREAM OF COMPLETING A MARATHON INJURY FREE. MAKING FRIENDS AND TAKING A SPIRITUAL JOURNEY TOGETHER.

I'm glad I chose to train for my first marathon with the SHufflers. Their program emphasizes injury prevention, a real plus for older runners. But more importantly, the friends you make stick with you long after you cross the finish line." - Kelly, age 42

"The only way that I keep my New Year's resolution to exercise through the winter is by knowing my running buddies are waiting. Not only that, my kids love seeing me make it across the finish line." – Heather, age 38

"This group takes the hardest part of marathon training (the weekly long run) and makes it both doable and fun!" - Dan, age 52

"I loved the camaraderie of the Shufflers! I would never run as much in the winter if not for the group." – Shelley

"I ran with the SHufflers my first winter in Kalamazoo. We ran slow enough to have real conversations while running, and I learned about the Kalamazoo area, childraising and books and movies." - Melinda, age 33

*"Not only was it great for us individually, but also as a married couple!"
Mark and Carolyn, ages 30 and 31*

Contact Dan Sarkipato
shufflerskzoo@yahoo.com

269-808-1069

If one of your life goals is to complete a 26.2 mile marathon, but the training looks too daunting, come join us as we train for the Bayshore Marathon. This marathon will be held in Traverse City, MI on May 23, 2009. There is no cost to join our group other than the commitment of the training time. The Bayshore Marathon is a great marathon for first timers; approximately 1,500 runners on the Saturday of Memorial Day weekend. Their website is found at www.bayshoremarathon.com.

For 2009 we are adding a Half Marathon training option focusing on the Borgess Half Marathon April 25 in Kalamazoo.

Our History

Seven years ago, five Kalamazoo area runners [of very different running abilities] joined together to support each other as they trained for the Bayshore Marathon in Traverse City, MI. – none had attempted a marathon before. The philosophy, based on the Jeff Galloway marathon training method for injury free training (www.jeffgalloway.com), was to run them slowly with walk breaks every mile while increasing weekly distance. During the week, each trained according to their personal running goals.

To cap off the training, the group ran 26 miles three weeks before the marathon to give them the confidence that they could finish well. All five finished the Bayshore healthy and all went on to complete at least one more marathon!

In post-marathon reflecting on the preparation, they doubted if any of them alone could have alone done the training necessary - it was amazing the mutual support given to each other to achieve their necessary training. All agreed that having the company and support of the group made the training both **endurable and enjoyable**.

The Kalamazoo SHufflers Bayshore Marathon/ Half Marathon Training Schedule is *for people who want to successfully complete a first marathon or half marathon, and for people who have completed a race and would like to help and encourage others – IS that YOU?*

Prerequisite: If you can continuously run **7 miles (4 for half marathon) on January 3,**

Outcome: You can complete a half marathon t the end of April OR a marathon by the end of May

Our Philosophy

We follow Jeff Galloway's method. www.jeffgalloway.com This training program is built around one increasingly longer Saturday run, which we do together as a group. We do these runs very slowly; with frequent walk breaks (run 4-8 minutes, walk one minute). The purpose of the long runs is to cover longer and longer distances – building up distance endurance, but without injury. You should plan to run 3 or 4 other times per week – and we can suggest how to develop a personal running plan.

We believe the social and spiritual dimensions of training are also important. We welcome people of any and all faiths to join the SHufflers. We run at the Portage Bicentennial Park trail (January–March) or the Kal Haven Trail (April – May).

All group-training runs are held (rain, snow or shine) on Saturday mornings--watch for weekly emails for both time and place. The weekly long run schedule we will follow is included in this brochure. There is no fee to join this group.

If you have questions or think this is something you might be seriously interested in pursuing,

contact **Dan Sarkipato** at (269)808-1069, or by
email at **shufflerskzoo@yahoo.com**