

REGISTRATION



Name: _____

T-Shirt Size (included in registration):

SX S M L XL XXL

Registration Fee:

\$100, checks payable to the Boys & Girls Club of Lawrence County

Waiver

By entering this event I acknowledge that I am medically and physically able. I also assume any and all risks associated with participation in this event. I agree to abide by the instructions of the Director and Leaders. I waive and release any and all claims and damages against the Boys and Girls Club of Law. Co., the Bedford Parks Dept., the race director, all contracted service providers, and all sponsoring business and organizations for any injuries suffered during this event.

No Refunds!

Signature: _____

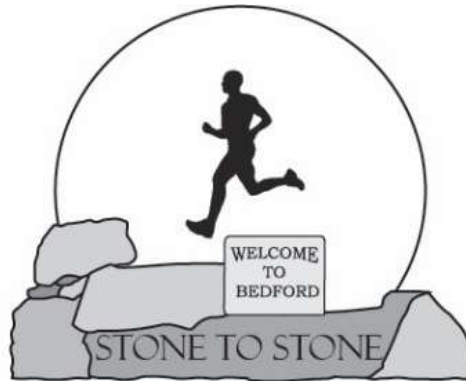
Date: _____

If under 18, parent must also sign:

COST & BENEFITS

Each participant will receive encouragement, a better level of fitness, a T-shirt, an injury prevention session with Penny Clark, possibly a health screening, and other perks!

The **\$100** cost of the program also includes entry fees for the 5K, 10K, and 10-miler, and a \$10 discount for the Limestone Half Marathon. Anyone under 16 must have a registered adult companion in the program.



Mail or deliver to:

Dr. Jim I. Sowders

1615 O Street

Bedford, Indiana 47421

For additional information, contact

j.sowders@comcast.net

or

(812) 275-6155.

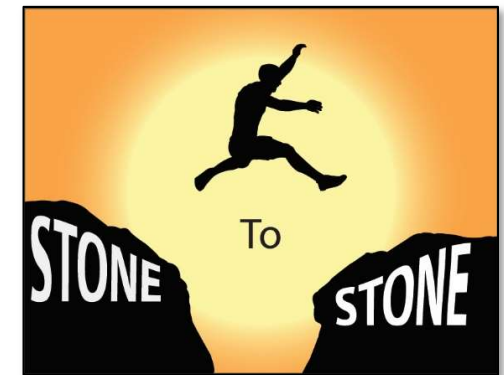


A training program to take you from a

5K

to a

HALF MARATHON



Bedford, Indiana
Summer/Fall 2019

OVERVIEW

Do you want to run a half marathon but are not sure how to do it? Let us help you! The **Stone to Stone** is a 13-week training program that begins with the **Limestone 5K on July 20th** and ends at the **Limestone Half Marathon on October 5th**. The goal is to train as many people as possible to finish.

This training program is for people of all abilities—from beginning walkers to advanced runners, for those who have never entered a race to those who have completed many. You will receive a training schedule designed for your fitness level and your goals.



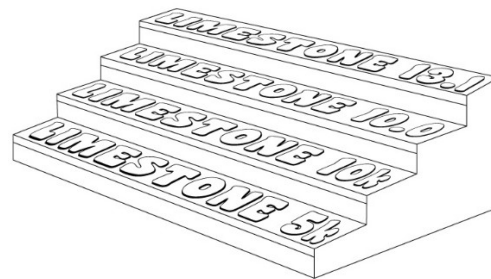
Why run or a walk a half marathon (13.1 miles)? Lawrence County is near the top in the state for diabetes, obesity and hypertension. Exercise is a treatment for all of these problems. You can improve your health and become an inspiration for others! Did you know that less than 1% of the population has finished a half marathon?

TRAINING SCHEDULE

The key to successfully completing a half marathon is a weekly long run. The **Stone to Stone** will have a weekly group long run on Saturday mornings at 8:00. These runs will start and finish at the Parkview track, by the cemetery. There will be another group run on Mondays at 5:15, also at the track.

Our program begins officially with the **Limestone 5K on July 20th**. It starts at the Boys and Girls Club next to the Parkview track on Brian Lane Way. You will need to be prepared to cover the distance on that day. There are many “Couch to 5K” programs available for free on the internet, if you need help.

As we move toward the **Limestone Half Marathon on October 5th**, we will have a **10K** race on **August 17th** and a **10-mile run** dubbed **Butch Fish’s Dam Run** from Bedford to Williams on the Milwaukee Trail on **September 7th**.



PROGRAM LEADERS

JIM SOWDERS is a veteran runner who has finished more than 25 half marathons, five Boston Marathons, five Ironman Triathlons and was named an All World Ironman Triathlete in 2016.

ALLEN BURRIS is a veteran runner who has completed numerous full and half marathons, including the Boston Marathon. He also completed Ironman Florida.

LARRY MOFFATT is a veteran runner who has run numerous marathons (including Boston), half marathons, and races of various distances. He has coached runners and has extensive knowledge of the sport.

BECKY KLEIHEGE is an experienced runner who has run multiple marathons, including Boston. Becky has consistently finished near the top of the field in most races and has won the Limestone Half.

JOANNA COBB is an experienced runner who has competed in numerous marathons and half marathons. She works through health challenges and has consistently made improvements though disciplined hard work.