

Excalibur 10 Miler Training Program

Running Zone Foundation & Coach, Kate Dermody, invite you to join the 8-week, 2016 Excalibur Training Program! This program is for all levels – from experienced runners to those who are new to the sport but want to train the distance, whether walking or running.

Prepare for thy Quest, Enjoy thy Journey, Find thy Glory!

Important dates:

Program Kick-off: Thursday, January 28th @ 5:30 p.m., Running Zone
Fun Run to follow Kick-off

First Run: Sunday, January 31st @ 6:30 AM, Oars and Paddles Park

Shoe Clinic: Tuesday, February 2, 2016 @ 5:30pm

Excalibur Race Day: Sunday, March 20th @ 7:00 a.m., Viera High School
(Race registration & details available at <http://excaliburrun.com>)



Training Program Entry Fee - \$85

(Race registration fee not included)



Program includes:

- Customized program schedule based on the individuals fitness level and goals, including core/strength workouts
- Sunday morning coached long run workouts
- One core/strength and running form session to demonstrate provided exercises
- 3 optional mid-week group runs (fluids provided)
 - Mondays at 6:00 p.m. - Pizza Gallery & Grill, Viera
 - Tuesdays at 6:00 p.m. – Long Doggers, Melbourne
 - Thursdays at 5:30 p.m. - Running Zone
- Technical training shirt
- 10% discount at Running Zone during program
- Discounted race entry: Brevard Zoo's Sloth Skedaddle (2/13)

For more training information: <http://excaliburrun.com/training-camp/> or runcoachkate@gmail.com

Meet thy Coach, Kate Dermody

Coach Kate loves to run! You'll always catch her with her running shoes on. She has run marathons, half marathons and also triathlons. You've also seen her around Running Zone helping people get fitted for the right running shoe. She has been an Excalibur training group leader and a Space Coast Marathon Coach and Group Leader. She also has a love for medieval history, having studied it at Florida State University. Kate has run every Excalibur race since it's inception.



Join us as we
head out for the
journey for
Excalibur!

Excalibur 10 Miler Training Program



January 28th, 2016 – March 20th, 2016

TRAINING PROGRAM ENTRY FORM



Online registration is available at <http://excaliburrun.com/training-camp/>, or complete the official entry form below and either mail to or drop off at Running Zone, 3696 N. Wickham Rd., Melbourne, FL 32935
Checks should be made payable to *Running Zone Foundation*. Gecko Club members receive a 10% discount.

Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Email address: _____ Phone: _____ Cell: _____

Gender: (circle one) Male Female Date of Birth: ___/___/___ Age: _____

Shirt Size: XS S M L XL XXL

Fitness level: (circle one) Knights (Beginner) Majesties (Intermediate) Warriors (Advanced)

Emergency Contact Name: _____ Phone: _____

Incomplete or unsigned entry forms will not be accepted. In consideration of my entry being accepted, I intend to be legally bound, and hereby for myself, my heirs, and executors, waive all rights and claims for damages which may hereafter accrue to me against the sponsors, officials, volunteers, and supporters of this training program and any representatives, successors, or assigns for any and all damages or injuries which may be sustained and suffered by me in consideration of my association with an entry or participation in the Running Zone Foundation Training Program. If I should suffer injury or illness, I authorize the officials of the training program to use their discretion to have me transported to a medical facility, and I take full financial and legal responsibility for this action. I attest and verify that I am physically fit and have my physician's permission to participate in this camp. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, email or any other record of this camp for any purpose of the camp whatsoever. I have read the above release and understand that it presents a risk of physical injury, knowing this I am entering this camp at my own risk.

Signature / Signature of Parent (if participant is under 18 years)

Date