



**DetermiNation™**

# Full Marathon DetermiNation Training Partners

## **CARA (Chicago Area Runners Association)** **Training Start Date: Saturday, June 11th**



- Fully-supported long runs complete with Gatorade, water and pace leaders for every pace from 7 minute per mile to 12 minute per mile, including run/ walk.
- Mid-week group training runs.
- Year-round supervised speed workouts with Coach Leach. Speed workouts are a guaranteed way to get you to improve on your marathon time. CARA offers speed workouts at three different times each week.
- Camaraderie with many other runners of various abilities.
- Discounts in most Chicago area running stores in addition to restaurants, physical therapists, nutritionists and other CARA Community Partners.
- Free entry into the Super Clinic marathon training kick-off; featuring expert speakers on topics such as proper footwear, injury prevention, hydration and nutrition, motivation and more.

**How it works:** The program has 10 different sites including: Chicago Lincoln Park, Chicago downtown, Chicago Beverly, Libertyville, Wheaton, Oak Forest, Niles, Evanston, Hyde Park and Darien. Each site has a volunteer site coordinator and volunteer pace group leaders who are experienced marathoners to guide new runners on the Saturday or Sunday long runs. Participants receive a packet of information including a technical t-shirt, an 18-week day by day running schedule with strength training and cross training included.

## **CES (Chicago Endurance Sports)** **Training Start Date: Saturday, June 4th**



- Professional, experienced coaches
- Personalized, daily training schedule for all levels
- Continuous running and run-walk training programs led by pace groups and coaches
- Educational seminars & clinics
- Weekly newsletter with tips on training & program updates
- Coached group training twice/week including Q&A at all training sessions
- Post-workout flexibility sessions
- Organized socials and parties with your teammates throughout the season
- Last long run breakfast in September with our famous CES PB&J sandwiches
- Restrooms, changing rooms, secure gear storage and water are available at all group training sessions
- Performance running shirt to the first 500 registrants
- Smart ID shoe tag

**How it works:** The program is available at both Fleet Feet locations in Chicago: Piper's Alley (Wed. & Sat.) and Lincoln Square (Th. & Sun.). Other locations: TBD. You get to pick the location that works the best for you. This also means that if you can't make it to your regular location, you can still join the gang at the other store!

**\*\*Runners choose CARA or CES as the program with which they would like to train\*\***