

REGISTRATION FORM

Please return to NIFS Mini Marathon Training, 250 University Blvd., Indianapolis, IN 46202-5192. **OR CALL: 317.274.3432 ext. 222.**

A few things to remember:

1. All payments are non-refundable.
2. Spaces are limited, therefore pre-registration is required.
3. Participants are NOT automatically entered into the race.
4. T-shirt size is NOT guaranteed.

Name: _____

Address: _____

City: _____ State: _____ ZIP: _____

Daytime Phone: _____

E-mail Address: _____

(Please circle response)

Age _____

Current NIFS Member: Yes / No

T-shirt Size: S M L XL

Location: NIFS CARMEL

Training Program Fees

\$18.95 ABG to Half Marathon Training ONLY (plus \$3 S&H)

\$60 NIFS member **\$70** NIFS member w/ ABG book

\$70 Nonmember **\$80** Nonmember w/ ABG book

Total enclosed _____ Check # _____

Please make checks/money orders payable to NIFS. If using a credit card, please complete this information:

Visa Mastercard Discover

American Express Expiration Date _____

Account Number _____

Name on Card _____

Signature _____

To Register: Call **317.274.3432 x222** or Visit **nifs.org**

ABOUT NIFS

The National Institute for Fitness and Sport (NIFS) is a not-for-profit organization governed by a board of trustees. NIFS was established in 1985 and opened its doors with the help of grants from the Lilly Endowment, Inc., the State of Indiana and the City of Indianapolis. November 1, 1988 marked the dedication of the 117,000 square-foot facility and the opening of the Fitness Center, which serves more than 5,000 members.

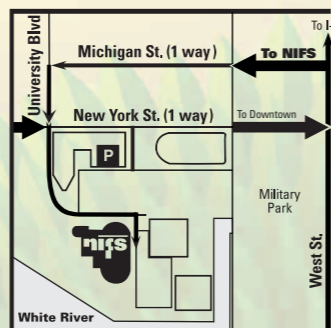
OUR MISSION

The National Institute for Fitness and Sport is committed to enhancing human health, physical fitness and athletic performance through research, education and service.

NIFS strives to accomplish our mission by encouraging the adoption of healthy behaviors which improve the quality of life for people of all ages and abilities.



Enlarged View of NIFS on IUPUI Campus



To Register: Call **317.274.3432 x222** or Visit **nifs.org**

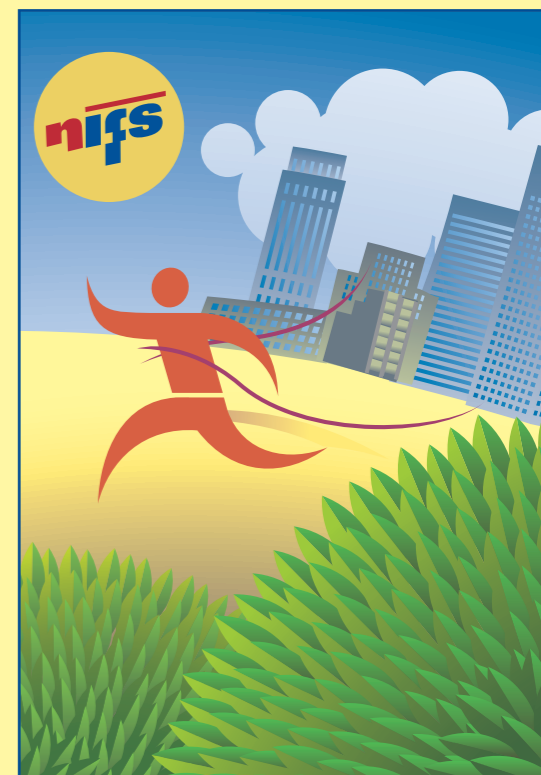


250 University Boulevard
 Indianapolis, IN 46202-5192
 Phone: 317.274.3432
 Fax: 317.274.7408
 www.nifs.org

Official Mini Marathon Training Registration Form Inside!



2010 MINI MARATHON TRAINING PROGRAM



having fun going 13.1!

January 27 – May 12, 2010
 Wednesdays

Downtown & Carmel Locations

Geist Half Marathon Participants Also Welcome!



PROGRAM DETAILS

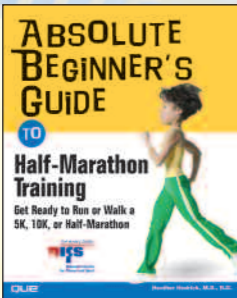
Whether it's your first half-marathon or you're a seasoned racer, the NIFS' program will help you:

- Set a goal and reach it!
- Improve your health and fitness!
- Meet people who move at your speed and motivate you!

Developed by exercise physiologists, fitness specialists and registered dietitians, this comprehensive program will optimize your performance in the OneAmerica 500 Festival Mini Marathon on Saturday, May 8, 2010 or any other spring half marathon.

This 14-week program provides an in-depth, personalized and interactive training approach. Features include:

- Two convenient locations.
- Weekly group training runs and walks on Wednesday evenings (reflective clothing is required).
- Educational **Training Clinic and Expo** held on the first night of training.
- Nearly 50% off on the *Absolute Beginner's Guide to Half-Marathon Training* (ABG book) written by program coordinator, Heather Hedrick Fink, MS, RD, CSSD.
- Training programs and logs designed for your level of training, experience and goals.
- Cross training on a variety of aerobic and strength training equipment at the NIFS Fitness Center.
- Training program shirt.
- Weekly snacks and refreshments.
- A celebration post-race dinner party.



"We have participated in other training programs in the past and in my opinion the NIFS program beats theirs hands down."

– JENNIFER M.

"I never thought I could run 13 miles. Not only did I finish but I never struggled on the race day and I was hardly sore at all!"

– 2009 PROGRAM PARTICIPANT

TIME • DATE • LOCATION

The program is held at two locations:

National Institute for Fitness and Sport

Wednesdays at 6:00 pm
250 University Boulevard – Downtown in White River State Park, on the campus of IUPUI

Cherry Tree Elementary School

Wednesdays at 6:00 pm
13989 Hazel Dell Parkway, Carmel

An informational meeting, packet pick-up and the Training Clinic and Expo will be held on Wednesday, January 27 at 6:00 pm at both training locations.

The meeting will provide an orientation to program procedures, training protocols and the ABG book. The Training Clinic and Expo will be in a health fair format. Vendors will provide expert advice on a variety of topics that will ensure that your training is safe, effective and fun! This new format will be beneficial for all participants!

Monitored training walks and runs will be held weekly beginning on Wednesday, February 3 at both NIFS and Carmel.

The program will end on May 12 with a celebration pasta dinner.

Can't join us on Wednesdays?

The Absolute Beginner's Guide to Half-Marathon Training can be purchased separately.

The Absolute Beginner's Guide to Half-Marathon Training is written by Heather Hedrick Fink, MS, RD, CSSD – NIFS' Assistant Director of Educational Services and Mini Marathon Training Program coordinator. This book is just what the doctor ordered for preparing for the OneAmerica 500 Festival Mini Marathon as well as any other 5K, 10K or half-marathon races throughout the year.

The Absolute Beginner's Guide to Half-Marathon Training provides readers an easy-to-understand introduction to the world of walking or running 5Ks, 10Ks and half-marathons. It is illustrated to make learning quick and easy and is loaded with notes on training gadgets and gear, staying motivated, and how to train without pain. You will learn step by step how to make walking or running an accessible and easy-to-practice fitness routine.

Only \$18.⁹⁵!

(Plus \$3 shipping & handling)

To order, see the registration form on this brochure. For more information or questions regarding the book, call Heather Hedrick Fink at **317.274.3432 x238** or email at hfink@nifs.org

"I look forward to participating every year. The training program is even more fun than the actual race!"

– DENISE B.

"It was an awesome program. It was great knowing someone would be there each week cheering you on to do your best!"

– 2009 PROGRAM PARTICIPANT

REGISTRATION DETAILS

The following information applies to all who register for the program:

- **Participants MUST pre-register, spaces are limited!**
- Complete the enclosed registration form and send it along with your credit card information, check or money order made out to the National Institute for Fitness and Sport. If you would like to register by phone with a credit card, call 317.274.3432, ext. 222.
- Participants must be at least 16 years old.
- Participants are **NOT** automatically entered into the race. **We highly recommend registering as soon as possible. Visit www.500festival.com for details.**
- Participants who are not members of the NIFS Fitness Center must complete a physical activity readiness questionnaire and waiver form.
- Participants must be able to walk or run a minimum of 2 miles at a 16-minute per mile pace to join the training program.

Cost:

The cost of the program is \$60 for NIFS members (\$70 with ABG book) and \$70 for nonmembers (\$80 with ABG book).

NIFS Parking:

The White River State Park Visitor's Center will provide **FREE** parking to NIFS participants (A parking pass will be sent to you in the mail) or participants may park in the Indiana State Museum parking garage (Parking fees range from \$3 – \$6 daily).

Carmel Parking:

FREE parking is available in the Cherry Tree Elementary school parking lot.

Sign up today!