
SATURDAY WINTER TRAINING PROGRAM

Join us for the most comprehensive training program around. The RUN CHICAGO Program emphasizes:

- Endurance-Progressive Long Runs
- Tempo running
- Pace running
- Speed training intervals
- Hill running
- Group running

Whether you are an experienced runner or challenging the distance for the first time, RUN CHICAGO will help you become the runner you want to be in an atmosphere of fun and camaraderie.

The RUN CHICAGO Training Program will meet every Saturday morning at 7 a.m., at the GRANT STATUE on the running path just north of the North Avenue footbridge in Lincoln Park.

November 10 — March 29
START TIME 7 A.M.
(708) 771-7866

www.runchicago.com

7239 W. Madison St.
Forest Park, IL 60130

RUN CHICAGO

RUN CHICAGO

Make Things Happen

2007-2008 Winter Training Programs



Tel: 708.771.7866

Run Chicago 2007-2008 Winter Training Programs

Run Chicago training programs are designed by Greg Domantay to help you improve your level of fitness, run faster, run longer, train smarter, have fewer injuries, and gain more self confidence in your abilities. Our aim is for you to understand yourself.... know your strengths, maximize your potential, and achieve your goals.

Through smart, vigorous training and informed, caring encouragement, Run Chicago supports athletes of every level to increase their performance, achieve their goals and deepen their enjoyment of sports and life.

You already know what a difference “the Run Chicago group” makes in your workouts. Don’t go it alone this winter. Let Run Chicago provide the expert coaching, training, camaraderie and continuity to help you move forward and Make Things Happen.

RUN CHICAGO - THE STORE

We Run

We Coach

We Deliver

Run Chicago

**The Store that Goes to Practice With
You**

WWW.RUNCHICAGO.COM

We had a Great season of training, but this year is not over yet. You’ve worked hard all summer and fall. Those PR’s are yours. Don’t let your hard-earned speed come to an icy standstill. Winter be damned. After all, why give up that heightened level of fitness and training you worked so hard to achieve this summer? Or maybe you were not able to achieve that level of fitness you sought this summer and would like to get a jump on next season. For those of you who still have goals to set and achieve, for those of you who have marathons ahead of you, for those of you who refuse to go from toned athlete to couch potato, here is your answer.

Winter Run Chicago training programs! Yes, winter is tough. There is the “Hawk,” near-total darkness, butt-high snowdrifts and icy slush slung from potholes by speeding cabs.

WEDNESDAY

RUN CHICAGO-A.M. RIVER FOREST

Concordia University, 1 block west of Harlem on Division Avenue in River Forest

9:20-10:00 A.M. OCTOBER 31—MARCH 26

WEDNESDAY

RUN CHICAGO-A.M. LAKESHORE PARK

Lakeshore Park Track on Chicago Avenue between Michigan Ave. and Lake Shore Drive

GROUP 1--5:30-6:15 A.M.
GROUP 2--6:15-7:00 A.M.

NOVEMBER 7—MARCH 26

SATURDAY

RUN CHICAGO -LAKEFRONT RUNNING PATH

Grant Statue-Lincoln Park

7:00-11:00 A.M. NOVEMBER 10— MARCH 29

Registration & Waiver

Name: _____

Address: _____

Home Phone: _____ **Work:** _____

Email: _____

Date of Birth: _____

_____ A.M. LAKESHORE PARK	\$150.00
_____ GROUP 1 5:30 AM	
_____ GROUP 2 6:15 AM	
_____ RIVER FOREST	\$150.00
_____ SATURDAY TRAINING	\$165.00
_____ THE DOUBLE	\$ 300.00
_____ CAMEO APPEARANCES	\$10.00

Make checks payable to RUN CHICAGO and mail registration to:

RUN CHICAGO
Greg A. Domantay
7239 W. Madison St.
Forest Park, IL 60130

YOU MUST SIGN THE WAIVER BELOW. ANY FEES MUST BE PAID BEFORE BEGINNING ANY PROGRAM. THERE ARE NO REFUNDS OR PRO-RATED FEES AFTER A PROGRAM BEGINS.

WAIVER

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent with the Run Chicago training workouts and competitions including possible permanent disability or death, and agree to assume all of those risks. As a condition of my participation in the Run Chicago program or any activities incident thereto, I hereby waive any and all rights to claims for loss or damages, including all claims for loss or damages caused by negligence, active or passive, of the following: Greg A. Domantay, Run Chicago, any other organizers, sponsors, if any, or any individuals officiating or supervising such activities.

Signed: _____ Date: _____