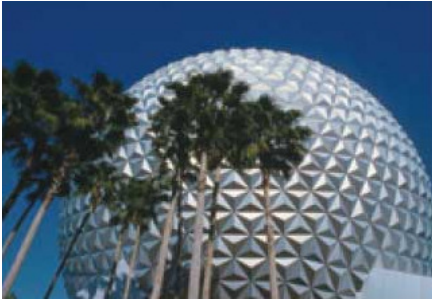


Run/Walk Events



Walt Disney World® Marathon Weekend Orlando, Florida

- Race Date: January 9-10, 2010 (Travel Dates: January 7th- January 11th)
- Event Distance: Full Marathon (26.2 Miles) & Half Marathon (13.1 Miles)
- Options: Run, Walk
- Fundraising Minimum: \$3,900
- Recommitment Clinic: October 20th
- Recommitment Deadline: October 27th
- Fundraising Deadline: December 30th

Take advantage of this opportunity to travel to the most magical place on earth – Walt Disney World! Part of Disney’s Wide World of Sports program, the Walt Disney World Marathon has long been a favorite among endurance athletes. The popular trek takes runners and walkers on a magical journey from the starting line at Epcot, through the Magic Kingdom, and beyond. Mile after mile is filled with spectacular on-course music and entertainment. Celebrate the Walt Disney World Marathon Weekend and let your imagination run wild!

All athletes entering the Half Marathon and/or Marathon must maintain a 16-minute per mile pace throughout the race by the end of the season, finishing the Half Marathon in 3.5 hours and the Marathon in 7 hours. This is attainable by working closely with your coach throughout the season.



Rock ‘N’ Roll San Antonio Marathon & Half Marathon™ San Antonio, Texas

- Race Date: November 15, 2009 (Travel Dates: November 14th -November 16th)
- Event Distance: Half Marathon (13.1 Miles)
- Options: Run, Walk
- Fundraising Minimum: \$2,900
- Recommitment Clinic: September 9th
- Recommitment Deadline: September 16th
Fundraising Deadline: November 4th

The newest addition to the Rock ‘n’ Roll Marathon series takes place on November 15th in San Antonio, Texas. Featuring a scenic course and ideal running temperatures in the mid-60’s, San Antonio proves to be the perfect destination for a late-fall running vacation where you can combine your athletic conquests with a weekend getaway in Texas’ cultural mecca. In true rockstar fashion, 70 live bands, 40 cheer teams and themed water stations will line the course to keep you entertained from start to finish. This event is rockin’!



Dallas White Rock Marathon Dallas, TX

- Race Date: December 13, 2009 (Travel Date: Saturday, December 12th)
- Event Distance: Full Marathon (26.2 Miles) & Half Marathon (13.1 Miles)
- Options: Run, Walk
- Fundraising Minimum: \$2,000
- Recommitment Clinic: October 13th
- Recommitment Deadline: October 20th
- Fundraising Deadline: December 2nd

One of the best half marathons in the southwest and one of the nation's premier endurance events, the Dallas White Rock Marathon will begin and end near downtown Dallas in Victory Park at the American Airlines Center. This mostly flat, spectator-friendly course is great for beginners, and the best part is it’s close to home, so all of your friends and family can come cheer you on! We can’t wait to see you there!

All athletes entering the Half Marathon and/or Marathon must maintain a 14:50 (min:sec) per mile pace throughout the race by the end of the season, within 6.5 hours. This is attainable by working closely with your coach throughout the season.