

TRAINING SERIES

The 28th annual Nationwide Better Health Columbus Marathon and 1/2 Marathon will take place on October 21, 2007 beginning in downtown Columbus. The Nationwide Better Health Columbus Marathon Training Series is designed to place you at the start line equipped to reach all of your health, fitness and racing goals.

In collaboration with FrontRunner – Columbus's premier running and walking store – the Nationwide Better Health Columbus Marathon and 1/2 Marathon has developed a 16-week training plan (see inside poster). The following races highlight the Nationwide Better Health Columbus Marathon and 1/2 Marathon Training Series:

- **Nationwide Better Health Columbus Marathon and 1/2 Marathon Training Series**
5 Mile and 5K, **Sunday, July 8, 2007**
FrontRunner, 1344 W. Lane Ave.
- **Nationwide Better Health Columbus Marathon and 1/2 Marathon Training Series**
10 Mile and 10K, **Sunday, July 29, 2007**
Groveport Recreation Center, 7370 Groveport Rd.
- **Nationwide Better Health Columbus Marathon and 1/2 Marathon Training Series**
15 Mile and 15K, **Sunday, Aug. 19, 2007**
Hilliard Darby High School, 4200 Leppert Rd.
- **Nationwide Better Health Columbus Marathon and 1/2 Marathon Training Series**
20 Mile and 20K, **Sunday, Sept. 30, 2007**
Westerville Recreation Center, 350 N. Cleveland Ave.



Nationwide Better Health Columbus Marathon and 1/2 Marathon Training Series Advantage

This year, the Nationwide Better Health Columbus Marathon and 1/2 Marathon Training Series offers something new. Runners and walkers in each of the four races will wear an AMB chip timing device during the Training Series events – a great way for participants to get familiar with exactly what they'll experience on race day.

The Nationwide Better Health Columbus Marathon Training Series is the best way to prepare for this one-of-a-kind event. It also gives you a great value. By registering for the five races (including the Nationwide Better Health Columbus Marathon or 1/2 Marathon), you will receive a \$25 discount on your entry fee. If you register for four of the five races at once, you will receive a \$20 discount. Additionally, the first 100 runners/walkers to register for the entire Training Series will receive an Asics running jacket valued at \$50.



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2007

Nationwide Better Health Columbus Marathon and 1/2 Marathon Training Series

The Nationwide Better Health Columbus Marathon and 1/2 Marathon offer the best of both worlds – all the amenities and organization of a big city marathon combined with the Midwestern hospitality of Ohio's capital city. There's something for everyone – a flat and fast course (nearly one in five of our marathoners qualify for Boston each year); a cloverleaf course design that gives first-time marathoners optimal exposure to friends and family along the route; and entertainment and neighborhood parties for spectators and participants alike.

Train and Gain

Whether you're a first-time marathoner or a seasoned veteran, the Nationwide Better Health Columbus Marathon and 1/2 Marathon Training Series will help you go the distance. Throughout the Training Series, FrontRunner will host clinics providing information and advice covering many facets of marathon training. **Each clinic will be held at FrontRunner** (1344 W. Lane Avenue). Please join us for bagels, juice and coffee from 8:00 a.m. - 8:30 a.m. before each clinic. The dates and times are as follows:

Clinic #1

Your Best Foot Forward ←

Saturday, July 7 at 8:30 a.m.

Guest Speaker – Richie Cohen-Smith, FrontRunner Founder and Author of the 2007 Training Series Schedule

Richie will review the design of the Nationwide Better Health Training schedules and explain how the Training Series will support preparation for either the 2007 Nationwide Better Health Columbus Marathon or 1/2 Marathon. He will also provide a shoe-fitting clinic. Plus, each attendee will receive a \$10 gift certificate for their next shoe purchase at FrontRunner as well as a free personalized gait, foot and shoe analysis from a FrontRunner staff member.

Clinic #2

Injury Prevention for Distance Athletes ←

Saturday, July 28 at 8:30 a.m.

Guest Speaker – Jocelyn Rood, Nationwide Better Health

Jocelyn is responsible for the development, implementation, administration and evaluation of all exercise physiology and education programs within the department of Sports Health at the Cleveland Clinic. She will speak to common marathon and half marathon injuries and the best ways to prevent them.

Clinic #3

Nutrition for Distance Athletes ←

Saturday, August 18 at 8:30 a.m.

Guest Speaker – Nicole Hayes, Nationwide Better Health

Nicole is a clinical dietician at Medina General Hospital and specializes in sports nutrition. She will cover the intricacies of proper nutrition while training for a marathon or half marathon.



Rave Reviews

We take pride in the fact that Columbus is recognized for its exceptional organization, volunteers and spectators – and we strive to be the most participant-friendly event. So it's not surprising the Nationwide Better Health Columbus Marathon and 1/2 Marathon has been designated by *Runner's World* as one of the **top 20 marathons in the nation**, and by *USA Today* as one of the **top 10 fall marathons**.



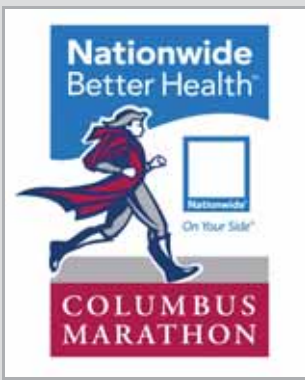
Clinic #4

Clif Bar Pace Team and Apparel for Distance Athletes

Saturday, September 29 at 8:30 a.m.

Guest Speakers – Star and Darris Blackford, Clif Bar Pace Team leaders and Jay Barton, Asics America Corporation

Star and Darris will discuss the role of the Clif Bar Pace Team and how all Nationwide Better Health Columbus Marathon athletes can take advantage of these expert pacers to achieve their goals. Jay will provide guidance on how to dress for the Nationwide Better Health Columbus Marathon and 1/2 Marathon. FrontRunner will top it off by giving attendees a gift certificate for \$5 off their next Asics apparel purchase at FrontRunner.



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You have the "one step at a time" part down pat. Now it's time to take it one mile at a time. We've designed an all-new 16-week training program that will ensure each participant is fully prepared as he or she toes the starting line. Each Training Series Race is an integral part of our training calendar. These races will enable each runner and walker a great way to gain valuable fitness and racing experience before the 28th annual Nationwide Better Health Columbus Marathon and 1/2 Marathon on October 21, 2007.

Richie Cohen-Smith, Co-Owner of FrontRunner



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Marathon '07 Training Program

	Week	M	T	W	T	F	S	S	Total
<u>July</u>	<u>1</u>	2	3 2.5	4 4	5 2.5	6	7 2	8 5 <i>5 Mile Race</i>	16
	<u>2</u>	9	10 3	11 4	12 3	13	14 2	15 6	18
	<u>3</u>	16	17 3	18 5	19 3	20	21 2	22 8	21
	<u>4</u>	23	24 3	25 5	26 3	27	28 3	29 10 <i>10 Mile Race</i>	24
<u>July/Aug</u>	<u>5</u>	30	31 3	1 6	2 3	3	4 3	5 12	27
	<u>6</u>	6	7 4	8 6	9 3	10	11 3	12 14	30
	<u>7</u>	13	14 4	15 7	16 3	17	18 3	19 15 <i>15 Mile Race</i>	32
	<u>8</u>	20	21 4	22 7	23 4	24	25 3	26 12	30
<u>Aug/Sept</u>	<u>9</u>	27	28 5	29 7	30 4	31	1 3	2 16	35
	<u>10</u>	3	4 5	5 8	6 4	7	8 3	9 12	32
	<u>11</u>	10	11 5	12 8	13 4	14	15 3	16 18	38
	<u>12</u>	17	18 5	19 8	20 4	21	22 3	23 12	32
	<u>13</u>	24	25 5	26 8	27 4	28	29 3	30 20 <i>20 Mile Race</i>	40
<u>October</u>	<u>14</u>	1	2 5	3 8	4 4	5	6 3	7 12	32
	<u>15</u>	8	9 4	10 6	11 3	12	13 3	14 8	24
	<u>16</u>	15	16 3	17 4	18 3	19	20 2	21 26.2 <i>Marathon</i>	38.2

26.2 - Nationwide Better Health Columbus Marathon - October 21, 2007

1344 W. Lane Ave.
Columbus, OH 43221
www.frontrunnercolumbus.com
614-486-0301



1/2 Marathon '07 Training Program

	Week	M	T	W	T	F	S	S	Total
<u>July</u>	<u>1</u>	2	3 2	4	5 2	6	7 1	8 5k(3.1) <i>5k Race</i>	8.1
	<u>2</u>	9	10 2	11 2	12 3	13	14 1	15 4	10
	<u>3</u>	16	17 2	18 2	19 3	20	21 2	22 5	12
	<u>4</u>	23	24 3	25 3	26 3	27	28 2	29 10k(6.2) <i>10k Race</i>	14.2
<u>July/Aug</u>	<u>5</u>	30	31 3	1 3	2 4	3	4 2	5 7	16
	<u>6</u>	6	7 4	8 4	9 4	10	11 2	12 8	18
	<u>7</u>	13	14 4	15 4	16 5	17	18 2	19 15k(9.3) <i>15k Race</i>	20.3
	<u>8</u>	20	21 4	22 4	23 5	24	25 3	26 6	18
<u>Aug/Sept</u>	<u>9</u>	27	28 4	29 4	30 5	31	1 3	2 10	22
	<u>10</u>	3	4 4	5 4	6 5	7	8 3	9 6	18
	<u>11</u>	10	11 4	12 4	13 5	14	15 3	16 11	23
	<u>12</u>	17	18 4	19 4	20 5	21	22 3	23 6	18
	<u>13</u>	24	25 4	26 4	27 5	28	29 3	30 20k(12.4) <i>20k Race</i>	24.4
<u>October</u>	<u>14</u>	1	2 4	3 4	4 5	5	6 3	7 8	20
	<u>15</u>	8	9 3	10 3	11 4	12	13 2	14 6	15
	<u>16</u>	15	16 2	17 3	18 3	19	20 1	21 13.1 <i>1/2 Marathon</i>	19.1

13.1 Nationwide Better Health Columbus 1/2 Marathon - October 21, 2007

STORE HOURS
Mon-Fri. 10-8
Sat. 10-6
Sun. 12-5



Nationwide Better Health Columbus Marathon
c/o The Athletic Club of Columbus
136 E. Broad St.
Columbus, OH 43215



INSIDE:

Nationwide Better Health Columbus Marathon and 1/2 Marathon Training Series

→ TRAINING SCHEDULE

And Registration for the 28th Annual Nationwide Better Health Columbus Marathon and 1/2 Marathon on October 21, 2007 and Training Series Races

www.columbusmarathon.com

Nationwide Better Health
COLUMBUS MARATHON & 1/2 MARATHON

2007
→ **SUNDAY, OCTOBER 21st**

5 Mile and 5K, **Sunday, July 8, 2007** • 10 Mile and 10K, **Sunday, July 29, 2007**
15 Mile and 15K, **Sunday, Aug. 19, 2007** • 20 Mile and 20K, **Sunday, Sept. 30, 2007**

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COLUMBUS MARATHON & 1/2 MARATHON

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→ **SUNDAY, OCTOBER 21st**

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