



For Training Program Only

Name: _____
 Age: _____ Phone Number: _____
 Date of Birth: _____ Sex: Male Female
 Address: _____
 City: _____ State: _____ Zip: _____
 Email (clearly print, please): _____
 Emergency Contact/ Number: _____

Training Program Choices

\$20--- FULL Marathon Training Program starts **12/17/11** at **Ultimate Fit** and lasts **18 weeks** (can be modified to be ½ program if you want to stay motivated to train thru the holidays)

\$15--- HALF Marathon Training Program starts **1/28/12** at **Ultimate Fit** and lasts **12 weeks**.

\$10--- NEW 8k Training Program starts **2/25/2012** at USI for a sneak peek at the NEW USI March Madness 10k course! Be sure to invite all your friends, whether beginners or advanced, as this course is sure to be a blast!

Race Waiver: *In submitting this form, I, intending to be legally bound for, my heirs, executors and administrators waive, release and forever discharge any and all rights and claims that I may hereafter accrue to me against the SIC Marathon Team, the City of Evansville, event sponsors, the Ultimate Fit, event volunteers and their officers, directors, agents, successors, and/or assigns for any and all injuries suffered by me at this event, while traveling to and from the SIC Marathon, Half Marathon, or 8K, or while participating in the event on April 14th, 2012. I attest and verify that I am physically fit and sufficiently trained for the competition of this event and will comply with all event rules and security requirements. **Photo Release:** I give my full consent and permission to the SIC Marathon Team, their sponsors and corporate sponsors, their successors, licensees, and assigns the irrevocable right to use, for any purposes whatsoever and without compensation, any photographs, videotapes, audiotapes, or other recordings of me that are made during the course of this event.*

Waiver Signature: _____ Date: _____

Please submit check or money order
and this waiver to:
SIC Marathon LLC
PO Box 16128
Evansville, IN 47716

Please see page 2 for Program Details >

Training Program Details

The 2012 Southern Indiana Classic Marathon, 1/2 Marathon and 8k is offering a new, lower cost training program for runners and walkers, beginners, and advanced athletes, and everyone in between, in hopes of encouraging more tri-state folks to stay fit all winter long. Sponsored by Ultimate Fit, this training program will start in December for the full marathoners, January for the 1/2 marathoners and February for those wanting to train for the 8k.

Training Program Route Maps can be found at www.SICmarathon.com. PLEASE bring your own copy of the turn by turn directions with you to each week's group workout, preferably inside of a plastic bag so that it stays dry throughout your workout.

All Saturday morning group workouts start at 7:30am. All paces (including walkers) are welcome to attend. Bring a buddy to ensure someone will be present at your exact pace, but with a group this large, there is bound to be a person at your exact pace present. All group workouts take place on Saturday mornings (because it is too dark outside for large groups to run in the winter evenings), and we follow Hal Higdon's intermediate schedule for the mid week mileage on your own. Note: No group workout on Christmas Eve or New Year's Eve.

When you sign up in advance (online or on paper), you automatically receive a free SIC SLAM festival ticket at the SIC packet pickup (valued at \$5) for one of your fans to use on race weekend!! Note: Participants and military receive free entry into the SIC SLAM on April 13 and 14, 2012.

Routes are posted [at](http://www.SICmarathon.com) www.SICmarathon.com. Most workouts will start and finish at Ultimate Fit shoe store, centrally located on South Green River Rd. in Evansville. The USI Hearts on Fire 5k (on February 11) and the (NEW!) USI March Madness 10k (on March 3) will be part of the training program (registration fees are not included in the training program registration price). **Also new this year, we will do our training runs on the race courses the week prior to the races (February 4, February 25, and April 7), for a special sneak peek practice at the race courses!**

With the lower cost of the SIC training program, water will still be provided for participants, but electrolytes will be the responsibility of the participant to provide for themselves. T-shirts will be for sale at the Ultimate Fit shoe store, additionally. These changes allow us to still offer area runners and walkers a weekly longer distance workout, for a much lower price, allowing folks of a variety of fitness backgrounds and goals to participate together.

Additional Training

The scheduled weekly SIC group training is not enough to thoroughly prepare you for the event. To be prepared for your event, SIC recommends that supplement your weekly group training with Hal Higdon's schedule on your own time to achieve optimal results. You can find a link to a printable version of this proven training program on the SIC training page at www.SICmarathon.com.

Using the SIC to train for another Spring event? Email us at director@sicmarathon.com to get a special discount for your multiple endurance event plans!

We wish you the best of luck in your training and hope that this program will help you safely achieve your fitness goals for 2012 and beyond!!