



Capital Striders Summer/Fall Training Group Sponsored by the IMT Des Moines Marathon

Overview

This training group is designed to prepare runners of all skill levels for the fall racing season. Whether you're training for the marathon or half marathon, running shorter distances, maintaining a base or just want to meet fellow runners, this training group is for you.

Training runs will follow the IMT Des Moines Marathon Four Month Training Guide and routes each week will be designed by the Capital Striders. Volunteers will offer water and Endurance Formula Gatorade on the routes each week up to mile 14. Capital Striders membership is encouraged but not required to participate in the Training Group. All participants are asked to sign a waiver of liability.

Location

Join the Capital Striders Summer/Fall Training Group every **Saturday morning** June 20th through October 11th at **7:00 a.m.** The training runs will begin each week at Gray's Lake Park, just south of downtown Des Moines at the intersection of Fleur Dr & Grays Lake Rd. **Take the main entrance into the park off of Fleur Drive and follow the park road past the beach parking lot to the southeast corner of Gray's Lake Park.**

Routes

The predetermined routes will traverse parks, trails and some city streets making them easy to remember as well as provide water to runners. Distances will gradually increase on these routes to accommodate the training schedule up to mile 14.

Water Stops

Water, Endurance Formula Gatorade and refreshments will be offered each week by volunteers from the Capital Striders and IMT Des Moines Marathon. The location of water stops will be as consistent as possible to make them easier for runners to find and volunteers to set up. Water stops on the course will consist of unmanned Gatorade coolers with cups and a trash bag.

Training Guide

For more information on the IMT Des Moines Training Guide and additional training resources visit the IMT Des Moines Marathon website at www.desmoinesmarathon.com, email info@desmoinesmarathon.com or phone 515.288.2692.

To print weekly detailed routes, learn more information about the Capital Striders Summer/Fall Training Group and to join the Capital Striders visit www.capitalstriders.org.

Fall Race Schedule

Capital Striders Capital Pursuit - September 27, 2009
IMT Des Moines Marathon – October 18, 2009