



IMT Des Moines Marathon Running Club Program Overview

The mission of the IMT Des Moines Marathon Running Club is to engage and support individuals actively participating in their own health and wellness.

The primary goal of the IMT Des Moines Marathon Running Club is to prepare and efficiently train club members for the IMT Des Moines Marathon and accompanying races throughout the year. Running Club objectives include group educational sessions, personal guidance, and running support through group running.

IMT Des Moines Marathon Running Club membership is open to individuals regardless of age or ability. Newcomers to the sport of running, jogging, or walking who are looking for an introduction to a running program are just as welcome as avid runners who have already completed a marathon or half marathon. If you have a desire to be active and meet others... this is for you!

The IMT Des Moines Marathon Running Club is a member of the Road Runners Club of America.

Membership Benefits

- 1) Downloadable intermediate, and advanced Training Guides for the Marathon, Half Marathon, or 5K Road Race with one on one advice from personal trainers, physical therapists, and running experts.
- 2) Weekly long run support, which includes route guidance and refreshments.
- 3) Monthly training clinic informational sessions by the experts in the running field.
- 4) Monthly Fat Tire Fun Runs. (free to nonmembers)
- 5) Invitation to join Running Club Facebook private group.
- 6) VIP access to IMT Des Moines Marathon race weekend activities such as packet pick up, pasta dinner, baggage claim, restrooms, etc.
- 7) 15% discount on running shoes and apparel at Scheels.
- 8) Discounted race entry into IMT Des Moines Marathon endorsed races.
- 9) Special offers from IMT Des Moines Marathon Running Club partners.
- 10) Social interaction and support from like-minded individuals in a group setting.

Join Us!

Register online at http://www.desmoinesmarathon.com/running_club.

Individual Membership - \$20*

Family Membership - \$25*

*Subtract \$5 with any IMT Des Moines Marathon Registration

Partners

