



Time to Fly!



**Train for the
Sutter Health Modesto Marathon
March 19, 2017**

Modesto Marathon Adult Training Group

*Marathon, Half Marathon and 5k training groups
Informational meetings:*

Saturday Sept 10th 2016 2:30pm

Monday Sept 12th 2016 6:30pm

Monday Oct 10th 2016 6:30pm

LOCATION: 1700 McHenry Ave Village Conference Center, Modesto

Benefits

24 Week Training Calendar	Weekly Motivation E-mail
Team Social Events & Fun Runs	Runners & Walkers Welcomed
Custom Technical Training Shirt	Make New Friends
Education: Proper Pacing, Form	Education: Proper Fueling
RRCA Certified Coaches	Online Forum
Seminars	Varied Training Locations
Aid Stations For Long Workouts	Lowest Priced Marathon Training

Questions? Contact: Susan Taylor — training@modestomarathon.com — 209-499-0258