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The San Diego Track Club's  
**3rd Annual Half Mad Half Marathon Program**

**begins**

**Saturday, June 7, 7:00 am**

**at Road Runner Sports, 5553 Copley Dr., San Diego, CA 92111**

**Half Mad Half Marathon Program Fee:** \$55. If you are not currently a member of the San Diego Track Club, you must also purchase a 2008 SDTC membership of \$25 (an individual membership) or \$41 (a family membership).

**The Half Mad Half Marathon Program Fee includes:**

- ▶ a 12-week schedule with organized runs every Saturday at 7:00am at various locations: Lake Murray, Harbor Island, Balboa Park and Coronado, and evening workouts in Balboa Park with the SDTC every Tuesday at 5:30pm. At each workout/run there are runners at various paces. This training program is for runners of all paces. The runs on Saturday will include water station support.
- ▶ a program technical tee, tank top, or muscle shirt of your choice – in Navy or White
- ▶ a can of Vitalyte, the electrolyte drink provided at SDTC events (including the Tuesday and Saturday workouts)
- ▶ two \$10 gift certificates to local running stores
- ▶ a weekly email regarding each Saturday's run

Note: The technical tee, the Vitalyte, and the gift certificates alone would cost at least \$55 retail.

**The purpose of the Half Mad Half Marathon training program** is to prepare runners for the America's Finest City Half Marathon in August (or any summer half marathon) or to just have a group to keep running with on Saturdays, especially after participating in the Rockin' 'n' Runnin' Marathon Training Program the previous 21 Saturdays. Stephen Burch, the program coordinator for the half marathon training program, will be providing water station support each Saturday.

**What makes this training program different** from the SDTC's outstanding Rockin' 'n' Runnin' Marathon Training Program? The number of participants in this program is much smaller, so it is easier to get know other runners. And training for a half marathon (and running at most 2 hours) is far less demanding than training for a marathon.

**Contact:** Stephen Burch [arunnerofsdtc@cox.net](mailto:arunnerofsdtc@cox.net)