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TRAINING FOR YOUR FIRST OR FASTEST HALF MARATHON TIME IS HERE

First Watch Sarasota Half Marathon & Finish-Together 2-Person Relay Race

SARASOTA, Fla., **Dec. 2, 2011**...With a four-hour course time limit (18 mins/mile average) and two-person relay team options with distances of 5.5 and 7.6 miles respectively), the 2012 First Watch Sarasota Half Marathon and Finish-Together 2-Person Relay race on March 11, 2012 can accommodate all levels of fitness, be it walkers or runners.

To help first-timers up to veterans get to the finish line within a projected time or goal, local running stores, charity organizations and coaches are offering a variety of training programs, for walkers, runners or a combination thereof.

A list of known walk, run, teen and charity organization training programs for the First Watch Sarasota Half Marathon follows or can be accessed at www.sarasotahalfmarathon.com under training programs.

Let The Training Begin

Group training programs range from 12-16 weeks for first time runners and are starting up throughout the Sarasota/Bradenton area as well as the state. Whether it's your first step in getting off the couch or you are preparing for a more fit look in 2012, get off to a healthy start and begin your New Year's Resolution early by joining a training program. Visit our website to find a group near you that's got the First Watch Sarasota Half Marathon on their race calendar by visiting www.SarasotaHalfMarathon.com

Group Training

Weight-loss, increased energy throughout your day, better cardiovascular health, expanding social network and making new friends, improving your personal record time (PR) and better fitting jeans are just some of the many benefits of joining an organized training group. Training alone is often times difficult so we recommend joining a group to get you started in not only the training but the sharing of tips, methods, goals, and other motivational information that will focus on accomplishing your goal.

First Timer Friendly

Based on existing research from previous half marathons, more than 35 percent of the expected participants, ranging in age from 11 to 83, will be completing a half marathon for their first time at the First Watch Sarasota Half Marathon on March 11, 2012. Local training programs have helped hundreds of participants achieve this goal and range from full walking to walk/run to run/walk to full run. The Galloway method of training is offered by several training groups which can adapt to your level of experience, allowing for programs such as 1 minute of walking followed by 1 minute of running and alternating that technique for the distance of the event. This incredibly popular method is tested and proven for those that need a kick start into the endurance world.

The Corporate Challenge

Inspire your co-workers to run a half marathon and raise money for the charity of your choice. Contact Race Director Javier Sanchez at jsanchez@sarasotahalfmarathon.com for information and details.

Sarasota Half Marathon-Specific Group Training Options

- New Balance inMotion Walking & Running Programs [www.newbalancesarasota.com]
- On A Shoestring [www.onashoestring.com]
- I Run Mommies [www.Irunmommies.com]
- Fleet Feet Sarasota [www.fleetfeetsarasota.com]
- Karna Fitness [www.babybootcamp.com]
- Fit2Run [www.fit2run.com]
- Clark Endurance [www.clarkendurance.com]
- ShamRockers USA [www.ShamRockersUSA.com]
- Wheelchairs for Warriors [wheelchairsforwarriors.homestead.com]
- Friends In Training [www.friendsintraining.net]
- Run Club Network [runclubnetwork.com]

First Watch Sarasota Half Marathon & Relay Race Information

Date: March 11, 2012

Starts at 7 AM, B-Tag Timing

www.SarasotaHalfMarathon.com

About US Road Sports

US Road Sports & Entertainment Group is a health and wellness company dedicated to the production of world-class endurance events. The mission of US Road Sports is to offer an unparalleled participant sports experience that showcases host communities and endures as a deeply valued local asset through events that are a part of the city's culture, identity and brand. For each participant, US Road Sports strives to offer events that allow participants of all skill levels the opportunity to improve their physical and mental health and accomplish life-altering goals while having fun. US Road Sports provides sponsors and municipalities highly effective exposure to help maximize their presence and message in the community.

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Media Note: Interview, runner stories and photography requests are welcome. Please contact Holly Johnson at Imagica Communications, holly@imagica.us or 941.350.9615 for more information.