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Walk, run your way to the finish line!

First Watch Sarasota Half Marathon & 2-Person Relay Race announces local Training Programs for March 13th event

SARASOTA, Fla., Dec. x, 2010...With a four-hour course time limit and two-person relay team options, the 2011 First Watch Sarasota Half Marathon and 2-Person Relay race can now 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 and coaches are offering a variety of training programs, for walkers, runners or a combination thereof.

A list of known walk, run and teen training programs for a variety of age groups and ability levels follows. Each program includes coaching sessions, training schedule, apparel, store discounts (as available), and other training support services. For specific program information and details, please visit the respective website or call for more information.

Noted costs are for the training programs only and do not include race registration fees, which are \$60/individual or \$80/2-person relay team through Jan. 28; \$75/\$95 Jan. 29-Mar. 7; and \$95/\$115 Mar. 8-12. There is no race-day registration.

BRADENTON LOCATIONS

On A Shoestring

Start Dates: Please call for details

www.onashoestring.com / 941.782.7023

I Run Mommies

Start Date: Ongoing

Cost: Contact for information

www.Irunmommies.com

SARASOTA LOCATIONS

Fleet Feet Sarasota

Start Dates: Walk/run or run program options starting Dec. 4th (beginners); Jan. 8th (more advanced runners who can already run 60 minutes without stopping)

Cost: \$130/beginners; \$100/advanced

www.fleetfeetsarasota.com / 941.894.3338

New Balance inMotion Walking & Running Programs

Start Dates: Dec. 4th (walking program); Dec. 13th (running program) – interested participants can sign up and join either group through December based on current fitness levels.

Cost: \$100-\$139/person

www.newbalancesarasota.com / 941.921.3696

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Karna Fitness

Start Date: January 2011

Cost: Contact for information

www.babybootcamp.com / 941.953.5000

UNIVERSITY PARK/LAKEWOOD RANCH/TAMPA

Fit2Run

Start Date: Dec. 5, 2010

Cost: \$150/person

www.fit2run.com / 941.358-5100

Clark Endurance

Start Date: Ongoing. Customized training programs for all levels.

Cost: Contact for information

www.clarkendurance.com / 786-325-7742

CHARITY TRAINING PROGRAMS

TEEN TRAINING (13 years and older)

ShamRockers USA – ShamRockers is also one of the charity organization beneficiaries for the First Watch Sarasota Half-Marathon

Start Date: Nov. 20, 2010 – still accepting teens for 2011 races, including First Watch Sarasota Half-Marathon

Cost: \$295/teen (Six-Month training program) plus \$300 organization fundraising donation

www.ShamRockersUSA.com / 941.321.6208

TEAM IN TRAINING

Leukemia & Lymphoma Society Suncoast Chapter

Start Date: Open

Cost: Inclusive training, race entry, transportation, lodging based on fundraising goal

www.teamintraining.org/sun / 813.963.6461

WHEELCHAIRS FOR WARRIORS

Start Date: Open

About: Founded in 2008 by GySgt Marc Reed USMC, the program provides severely disabled veterans with the opportunity to experience a half or full marathon with the aid of a runner.

<http://wheelchairsforwarriors.homestead.com> / 202.547.4713

FIRST WATCH SARASOTA HALF MARATHON & RELAY RACE INFORMATION

Date:

March 13, 2010

7 a.m., D-Tag Timing

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Course Info:

The scenic, out and back course includes a a revised course that starts and finishes at Van Wezel Performing Arts Hall and a the addition of a two-person relay team option that replaces last year's 5K.

Half-Marathon Cost:

Until Jan. 28: \$60
Jan. 29-Mar. 7: \$75
Race Week: \$95

Relay Team Cost:

Until Jan. 28: \$80
Jan. 29-Mar. 7: \$95
Race Week: \$115

All participants receive a technical short-sleeved t-shirt, goodie bag, aid stations with Lemon-Lime Gatorade, medical support, finisher's medal, and post-race party including food, beverages and awards ceremony.

The Corporate Challenge

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

Charities

First Watch Sarasota Half Marathon wants to know what cause your group is running on behalf of and we'll promote you via our website and newsletters. Contact jsanchez@sarasotahalfmarathon.com for information and details.

To register:

www.sarasotahalfmarathon.com; online registration closes March 7, 2011.

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