

## MTS Races

The Marathon Training Series is a set of three races designed to help you train for your marathon or half marathon. Our out and back courses are the ideal venue for a supported training run or tune-up race!

The series consists of three races of 10 or 20 miles. If you want to run a distance between 10 and 20 miles, register for the 10 and go back out to finish your run at no additional charge.

## Course Description

All races start at Twin Lakes Park just west of 70<sup>th</sup> & Broadway in Denver. The course is flat and follows Clear Creek to the east, then the South Platte trail to the north. You will run out 5 miles, then turn around and return to the start.

The course is on a concrete bike path to simulate the typical marathon course. Each mile is marked, and you'll find aid stations equipped with water and energy drink every 2 – 3 miles. We will also have food and drink at the finish.

## Registration

You may register early by mail or online at <https://runsignup.com/Race/CO/Denver/RMRRMarathonTrainingSpring2016>. Raceday registration is also available for a higher fee. Members of RMRR and local running and training groups receive the listed "member" price.

## Directions

**Twin Lakes Park** is on 70<sup>th</sup> Ave, just west of Broadway. There's a small parking lot at the park, on the south side of 70th. Park here or in the larger paved RTD lot across the street.

**From the South:** Take I-25 north. At the I-76, US-36 interchange, stay to the right and follow the signs to I-76 west, exit 216B. Take the exit for 70th Ave. Do not get onto I-76. Turn left on 70th. Go about ½ mile west, across Broadway, to the park.

**From Boulder/Westminster:** Take US-36 east. Take the Broadway exit, just before the I-25 interchange. Turn right for about 1/3 mile. Turn right on 70th to the park.

**From the North:** Take I-25 south towards Denver. Take the exit to US-36 west, towards Boulder. This takes you off the highway. Turn left at Broadway, the light at the bottom of the exit, before you get onto US-36. Turn right on 70th to the park.

**From the West / I-70:** Take I-76 to Pecos. Go north to 70th. Turn right to the park.

## Rocky Mountain Road Runners

[www.rmrr.org](http://www.rmrr.org)

PO Box 6352

Denver, CO 80206

Online: register at

<https://runsignup.com/Race/CO/Denver/RMRRMarathonTrainingSpring2016>

**By mail** - Complete **and sign** this entry form, then send with your check to:

Rocky Mountain Road Runners  
PO Box 6352  
Denver, CO 80206

**!!! RACEDAY PRICES ARE \$5 - \$10 HIGHER !!!**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Age on Race Day: \_\_\_\_\_

Gender:  F  M

### Race Selection

**10 Mile Series (3 Races)**  
**\$25 RMRR members, \$30 guests**

All 3 Spring Races  All 3 Fall Races

**20 Mile Series (3 Races)**  
**\$40 RMRR members, \$50 guests**

All 3 Spring Races  All 3 Fall Races

<b>Individual Races Only</b>	10M = \$10 all runners
Circle date and distance	20M = \$15 members
Price is for EACH race	\$20 guests

Saturday March 26	10M / 20M
-------------------	-----------

Sunday April 10	10M / 20M
-----------------	-----------

Saturday Apr 23	10M / 20M
-----------------	-----------

Sun Aug 28	10M / 20M
------------	-----------

Sun Sept 11	10M / 20M
-------------	-----------

Sun Sept 25	10M / 20M
-------------	-----------

## WAIVER (signature required)

In consideration of the acceptance of my entry, I, the undersigned participant, for myself, my family members, heirs, administrators, personal representatives, successors and assigns hereby fully release, discharge and hold harmless Rocky Mountain Road Runners, RRCA, City of Thornton, City of Denver, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in the Marathon Training Series even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I assume all risks associated with running, but not limited to falls, contact with other participants, the effects of weather, including snow, ice and wind chill, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. I represent by my application for entry that my physical condition is adequate to compete safely in the Marathon Training Series. I understand no dogs, baby joggers or skates are permitted on run routes. I also permit RMRR to share my email address and physical address in exchange for sponsor discounts. I hereby certify that I have fully read and understand the foregoing release, waiver and covenant not to sue and sign it voluntarily.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent or Guardian if under 18

## 2016 Marathon Training Race Schedule

### Spring Marathon Training Series

All spring races start at **8am**

Saturday March 26                      10M / 20M

Sunday April 10                            10M / 20M

Saturday April 23                         10M / 20M

### Fall Marathon Training Series

All fall races start at **7am**

Sunday August 28                         10M / 20M

Sunday September 11                     10M / 20M

Sunday September 25                    10M / 20M

Discounted prices for running the entire series,  
spring or fall!

### For More information...

- Visit us at [www.rmrr.org](http://www.rmrr.org)
- Send an email to [mts@rmrr.org](mailto:mts@rmrr.org)
- Join us at our next race!



*Prepare for a Fast Marathon!*

---

# 2016 Marathon Training Series

---

Rocky Mountain Road Runners  
[www.rmrr.org](http://www.rmrr.org)