

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

The MTS 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/rmrr-marathon-training-fall2018/signup>. Race day registration is \$5 higher per race or \$10 higher for the entire series.

Members of RMRR and local running and training groups receive the listed "member" price on race day.

Directions

Platte River Trailhead Park is on E 88th Ave at Colorado. There is parking at the park.

Google: <https://goo.gl/maps/o3E87UStNZ82>

Thornton Carpenter Park is on E 108th Ave at Colorado. There is parking at the park.

Google: <https://goo.gl/maps/8bKsRxVnLk92>

Rocky Mountain Road Runners

www.rmrr.org

PO Box 6352

Denver, CO 80206

Online: register at <https://runsignup.com/rmrr-marathon-training-fall2018/signup>

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 Fall Races All 3 Fall Races

20 Mile Series (3 Races)

\$40 RMRR members, \$50 guests

All 3 Spring Races All 3 Fall Races

Individual Races Only

Circle date and distance

Price is for EACH race

10M = \$10 all runners

20M = \$15 members

\$20 guests

Saturday March 26 10M / 20M

Sunday April 10 10M / 20M

Saturday Apr 23 10M / 20M

Sun Aug 26 10M / 20M

Sun Sept 9 10M / 20M

Sun Sept 23 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 RMRR 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

2018 Marathon Training Race Schedule

Spring Marathon Training Series

All spring races start at **8am**

Sunday March 25 10M / 20M

Saturday April 7 10M / 20M

Sunday April 22 10M / 20M

Fall Marathon Training Series

All fall races start at **7am**

Sunday August 26 10M / 20M

Sunday September 9 10M / 20M

Sunday September 23 10M / 20M

For More information...

- Register at <https://runsignup.com/rmrr-marathon-training-fall2018/signup>
- Visit us at www.rmrr.org
- Send an email to mts@rmrr.org
- Join us at our next race!



Prepare for a Fast Marathon!

2018 Marathon Training Series

Rocky Mountain Road Runners
www.rmrr.org