

REGISTRATION FORM

Name: _____
 Address: _____
 City: _____ State: _____ ZIP: _____
 Daytime Phone: _____
 E-mail Address: _____
 Team Name (if registering as a team) _____

(Please circle response)

CURRENT NIFS Member: Yes / No
 Location: NIFS CARMEL
 T-shirt Size: S M L XL
 T-shirt type: Women's cut Men's cut
 Age: _____

Mini-Marathon Program Fees

- NIFS Members – \$60
- Non-Members – \$70
- Team Fee (minimum 3 people) – \$55

Mini-Marathon and Fall Program Fees

- NIFS Member – Mini and Fall Half – \$110
- Non-Member – Mini and Fall Half – \$130
- NIFS Member – Mini and Fall Marathon – \$125
- Non-Member – Mini and Fall Marathon – \$145

Absolute Beginners Guide to Half Marathon Training book:

- ABG with Program – \$10
- ABG Only – \$18.95 + (\$3 shipping and handling)

___ Sign me up for the \$10 Maggiano's pasta dinner

Total enclosed _____ Check # _____

Please make checks/money orders payable to NIFS. If using a credit card, please complete this information:

___ Visa ___ Mastercard ___ Discover

___ American Express Expiration Date _____

Account Number _____

Name on Card _____

Signature _____

Please return to NIFS Mini Marathon Training,
 250 University Blvd., Indianapolis, IN 46202-5192.
Call: 317.274.3432 ext. 226,
email: sgreer@nifs.org or fax: 317-274-7408.

Or to register online go to www.nifs.org.

OUR MISSION

The National Institute for Fitness and Sport is committed to enhancing human health, physical fitness and athletic performance through research, education and service.

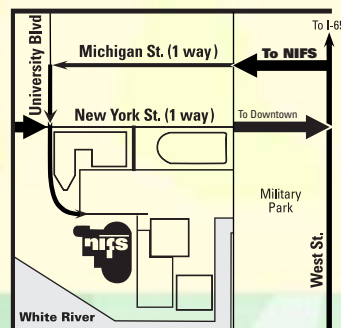
NIFS strives to accomplish our mission by encouraging the adoption of healthy behaviors which improve the quality of life for people of all ages and abilities.

HOW TO FIND US



250 University Blvd.
 Indpls, IN 46202
 317.274.3432
 317.274.7408 (fax)
www.nifs.org

Enlarged View of NIFS on IUPUI Campus



250 University Boulevard
 Indianapolis, IN 46202-5192
 Phone: 317.274.3432
 Fax: 317.274.7408
www.nifs.org



Official Mini Marathon Training Registration Form Inside!

2014 MINI MARATHON TRAINING PROGRAM



January 22 – May 7, 2014
 Wednesdays

Downtown & Carmel Locations

Come see why more than 6,000 walkers and runners have chosen to train with NIFS!

Carmel and Geist Half Marathon participants also welcome!

Sponsored By:



To Register: Call **317.274.3432 x226** or Visit nifs.org

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PROGRAM DETAILS

Whether it's your first half-marathon or you're a seasoned racer, the NIFS' program will help you:

- Set a goal and reach it!
- Improve your health and fitness!
- Meet people who move at your speed and motivate you!

Developed by exercise physiologists, fitness specialists and registered dietitians, this comprehensive program will optimize your performance in the OneAmerica 500 Festival Mini Marathon on Saturday, May 3, 2014 or any other spring half marathon.

This 14-week program provides an in-depth, personalized and interactive training approach. Features include:

- Two convenient locations.
- Weekly group training runs and walks on Wednesday evenings (reflective clothing is required).
- Educational **Training Clinic and Expo** held on the first night of training.
- Nearly 50% off on the ***Absolute Beginner's Guide to Half-Marathon Training*** (ABG book).
- Training programs and logs designed for your level of training, experience and goals.
- Cross training on a variety of aerobic and strength training equipment at the NIFS Fitness Center.
- Training program shirt.
- Weekly snacks and refreshments.
- A celebration post-race dinner party (nominal fee).



"I come back to group Mini Marathon training at NIFS year after year, because they help me achieve my goals. I enjoy the motivation and structure."

– PROGRAM PARTICIPANT

"I have mild asthma and never thought I could run 5 miles, much less 13. Now I find myself saying "Oh I just have a 5-mile run tonight! If I can do it anyone can!"

– PROGRAM PARTICIPANT

"For my first Mini I trained on my own (what a joke) and I barely made it across the finish line. Training with a group who has the same goal is exciting. It's an outstanding program."

– PROGRAM PARTICIPANT

TIME • DATE • LOCATION

The program is held at two locations:

National Institute for Fitness and Sport

Wednesdays at 6:00 pm
250 University Boulevard – Downtown in White River State Park, on the campus of IUPUI

Cherry Tree Elementary School

Wednesdays at 6:00 pm
13989 Hazel Dell Parkway, Carmel

An informational meeting, packet pick-up and the Training Clinic and Expo will be held on Wednesday, January 22 at 6:00 pm at both training locations.

The meeting will provide an orientation to program procedures, training protocols and the ABG book. The Training Clinic and Expo will be in a health fair format. Vendors will provide expert advice on a variety of topics that will ensure that your training is safe, effective and fun!

Monitored training walks and runs will be held weekly beginning on Wednesday, January 29 at both NIFS and Carmel.

The program will end on May 7 with a celebration pasta dinner.

To Register: Call **317.274.3432 x226** or Visit **nifs.org**

Can't join us on Wednesdays?

The Absolute Beginner's Guide to Half-Marathon Training can be purchased separately.

The Absolute Beginner's Guide to Half-Marathon Training provides readers an easy-to-understand introduction to the world of walking or running 5Ks, 10Ks and half-marathons. It is illustrated to make learning quick and easy and is loaded with notes on training gadgets and gear, staying motivated, and how to train without pain. You will learn step by step how to make walking or running an accessible and easy-to-practice fitness routine.

Only \$18.95!

(Plus \$3 shipping & handling)

To order, see the registration form on this brochure. For more information or questions regarding the book, call Stephanie Kaiser at **317.274.3432 x226** or email at **sgreer@nifs.org**

New in 2014!

Fall Training Programs for Half and Full Marathons starting in July at NIFS downtown!

Half Marathon training program will be on Wednesday evenings at 6pm. Full Marathon training program will be Wednesday evenings at 6pm. Sessions will switch to Saturday mornings when runs exceed 12 miles.

Sign up for both now and receive the lowest prices offered

Sign up today!

To Register: Call **317.274.3432 x226** or Visit **nifs.org**

REGISTRATION DETAILS

Please return to NIFS Mini Marathon Training, 250 University Blvd., Indianapolis, IN 46202-5192. **Call: 317.274.3432 ext. 226, email: sgreer@nifs.org or fax: 317-274-7408.**

The following information applies to all who register for the program:

- **Participants MUST pre-register, spaces are limited!**
- Complete the enclosed registration form and send it along with your credit card information, check or money order made out to the National Institute for Fitness and Sport. If you would like to register online please visit www.nifs.org. To register by phone with a credit card, call 317.274.3432, ext. 226.
- Participants must be at least 16 years old.
- Participants are **NOT** automatically entered into the race. **We highly recommend registering as soon as possible. Visit 500festival.com, geisthalf.com, or carmelmarathon.com for details.**
- All participants must complete a physical activity readiness questionnaire and waiver form.
- Participants must be able to walk or run a minimum of 2 miles at a 16-minute per mile pace to join the training program.
- All payments are non-refundable after January 22, 2014. Credits and transfers can be applied.

Cost:

The cost of the program is \$60 for NIFS members (\$70 with ABG book) and \$70 for nonmembers (\$80 with ABG book). \$55 Team Fee (minimum 3 people registering together). \$65 Team Fee with book.

NIFS Parking:

Participants will receive detailed parking instructions several weeks before training begins. Parking is included.

Carmel Parking:

Free parking is available in the Cherry Tree Elementary school parking lot.

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