



Fall Marathon Training Program

Programs for Full and Half Marathons- Your Choice

Prepare For TBK Quad Cities Marathon, CBRC Grand Rapids Marathon Bus Trip, & other Fall Marathons
In partnership with Quad Cities Marathon, sponsored by Frontline Spine and Sport, and coordinated by Cornbelt Running Club

Beginning Sunday, June 4th, 2023 at 7:00 AM \$75 Fee Per Participant

Fee includes a 16-19 week training program supervised by certified CBRC Coaches and other experienced runners, fluid stations provided for every Sunday training run, access to weekly track sessions, quality technical fabric training shirt/singlet, dinner party, and discounted entry fee available for Quad Cities Marathon.

A private Facebook Group will be used for weekly updates and notices.

A variety of training programs to fit your needs:

Beginner, Veteran, Heart Rate Training, and Women's 101 Half Marathon and Marathon Relay training. 7 a.m. Sunday long training runs will take place at Marquette Park, Davenport, IA, on the Duck Creek Recreation Path. Runners of all abilities are welcome, though marathoners should be able to complete 5-8 miles on June 4th, with longer runs thereafter. Some training run locations/times will change as the program progresses (with some local race participation suggested or substituted). Weeks 17-19 will not offer track sessions and will have limited long run services. Please, no partial program fee requests.

QUESTIONS? Email maratrain@cornbelt.org or call Cornbelt at 563-326-1942.

After QCM, limited long run training support continues to CBRC bus trip weekend.

* EARLY PACKET PICK-UP AND REGISTRATION AVAILABLE SATURDAY, JUNE 3rd, NOON- 3 PM, AT CORNBELT RUNNING CLUB *

Please fill out the form below COMPLETELY and mail with your \$75 check to:
Cornbelt Running Club, 315 E. George Washington Blvd., Davenport, IA 52803

You may also register online at: [Cornbelt Running Club QCM Fall Marathon/Half Training Program registration information at GetMeRegistered.com](#)

2023 Fall Marathon and Half Marathon Training Program Registration Form

NAME _____, Training for Full ___ or Half ___, # Previous Finishes F _____ H _____

ADDRESS _____, Technical Fabric Shirt Size _____
singlets or shirts may be provided depending on availability)

CITY _____ STATE _____ ZIP _____ PHONE _____

EMAIL _____ SEX _____ BIRTHDATE _____

GOAL RACE NAME, DISTANCE, & DATE _____

IN CASE OF EMERGENCY CONTACT _____ PHONE _____

WAIVER: (must be signed) In consideration of the acceptance of my registration form, I for myself, my executors, administrators, and assigners, do hereby release and discharge Cornbelt Running Club, Quad Cities Marathon, Frontline Spine and Sport, City of Davenport, Davenport Parks & Rec., City of Bettendorf, City of Rock Island, City of Moline, City of East Moline, any sponsors, supporters or volunteers, for all claims and damages, demands, and actions whatsoever in any manner arising from participation in the Fall Marathon Training Program. I attest and verify that I have full knowledge of the risks involved in this program, am physically fit, and sufficiently trained to participate in this program. By signing I give CBRC permission to use any photographic images of myself associated with the event. No refund policy including weather cancellations. If needed, I further agree to abide by the Center for Disease Control's (CDC) recommendations for the prevention of the spread of the 2019 Novel Coronavirus Disease (COVID-19) and other communicable diseases, and I attest to having read the CDC's guidance at: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>.

SIGNATURE _____ DATED _____