

SUNDAY, NOVEMBER 10TH, 2019
YMCA HARRISBURG MARATHON
New Life Church
TEAM "RUNNING WATER"

Runners/walkers, volunteers, and church members raise money for every mile run by team participants to build water wells in India.

Goal: 1 water well for every marathon run by participants (26.2 miles)

This means raising an estimated \$100 per mile run (\$2600)

Partner: Global Partners in Peace and Development

BE a RUNNER/WALKER, VOLUNTEER, and/or FUNDRAISER

Meeting Topics

Will discuss details of race, sponsorship letters, & other fundraising opportunities

RUNNERS/WALKERS

Age: The minimum age for a participant in the Harrisburg Marathon is 15 years old for full marathon participants and 13 for relay participants.

Waivers are required for runners under 18.

Start: 6:30AM – Walkers start on City Island; 8:00AM – Marathon & Relay Team Runners start on City Island. All participants should be at City Island or their relay exchange point at least 30 minutes before their start time.

RELAY teams of 4

Distances:

ROUTE & Relay exchanges have changed from previous years and are still being finalized by the YMCA

Leg 1 – 4.5 miles ****2019 DESIGNATED YOUTH ACCOMPANIMENT RUN****

Leg 2 – 8 miles

Leg 3 – 7 miles

Leg 4 – 6.7 miles

The first and second relay exchanges will be at the PA Dental Association, which is located at 3501 N Front St, Harrisburg, PA 17110 and the third relay exchange will be on City Island. The finish is in Harrisburg on the intersection of 2nd/Locust St.

Teams of 2 and 3 are welcome but will not be eligible for awards.

RACE REGISTRATION

Online Registration - <https://runsignup.com/Race/PA/Harrisburg/HarrisburgMarathon>

Mailed Registration- Please print registration forms from the Harrisburg YMCA webpage and mail registration, waivers, and fees to the following address.

Attn: Tom Gifford,
East Shore YMCA
701 North Front St,
Harrisburg, PA 17101

RACE COST

Runners and walkers

Marathon price if **registered by OCT 10th - \$70**, Online registration code – TRW2019IND

Relay team price if **registered by Oct 10th - \$200**, Online registration Code – TRW2019RELAY

Prices increase exponentially if you do not register by October 10th. After October 10th, relay team prices jump from \$200 to \$280.

Mailed Registration - To by-pass the online registration fees, individuals/teams can mail in race registration, waiver form(s), and payment to the Harrisburg YMCA. To get the discount rate on mailed registration, "Team Running Water" must be written at the top of the registration paper along with the appropriate coupon code shown above. Make all checks payable to East Shore YMCA, Attn: Tom Gifford.

PACKET PICK UP

Runners and Relay Teams may pick up their packets at any of the following times. Walkers must pick up their packets prior to Race Day. You may also pick up a packet for a friend!

Friday, November 8th – 5-7:30pm, TBD

Saturday, November 9th – 11am to 4pm, TBD

Sunday, November 10th – Carousel Pavilion on City Island, 6am to 7:30am

OTHER INFO

SHUTTLE SERVICE

No shuttle services are provided. The walk to City Island is approximately 1/2 mile from the Hilton Hotel, the host hotel for the 2015 race. All lanes from the East Shore (Downtown Harrisburg) to City Island on the Market Street Bridge will be closed to vehicular traffic for the start of the race, approximately 7:30AM to 8:20AM.

PARKING

The most convenient place to park is on City Island. This is where the race begins. The finish is at the intersection of 2nd St/Locust St, which is about a 1/2 mile walk back to City Island across the Walnut St walking bridge.

RACE ROUTE AND AID STATIONS

Restrooms will be located at the start and finish areas, and along the course.

Water stations are located approximately every 2 1/2 miles.

COURSE CLOSURE

Volunteers will be released from their stations based on a 13 minute pace and the finish line will close at 2:00PM. We cannot guarantee that you will find water or food after the course is closed. If you do not think you can complete the course by 2:00, please ask a water station volunteer to arrange for an assistance vehicle.

CONTACT - Please submit questions to Tom at tom.gifford@ymcaharrisburg.org

FUNDRAISER

Depending on the number of miles you are running, a goal should be about \$100 per mile. That should be your aim. We encourage the team captain to attempt to raise the most even if they are not running the longest leg.

Friends, family, and church members that are not participating in race are welcome to fundraise ☺

We have partnered with Flipcause to create our fundraising pages. Please visit www.gpartners.org/hbgmarathon and click the “Start or Join a Fundraising Page” to get started. You may do the following with your Flipcause page. You don’t have to decide this while signing up, it can be changed later:

- **Create a new team** – After you create a new team you can then add yourself as a runner on that team. You can be the team captain or assign another team member as the team captain, or decide those details later. We suggest using the running water for the living water logo as your team page logo.
- **Create a runner page** – you can join an existing team, create a new team (see above), or not join a team at all. You should definitely add a picture.
- **Create a team goal** – you can do this when creating your team. Or save the goal for later after discussing with your team. **Your team goal should be at least \$2600** but can be higher if you want to push yourself further.
- **Create a runner goal** – we recommend your goal match the number of miles you will personally run, (run 5 miles = \$500 goal) but you can make it whatever you want.

If you have any questions about Flipcause, email Matt Riggins at mriggins@gpartners.org.

Other Fundraising Ideas that we will discuss at meeting

“Sponsor a mile” letter/Donations (see link at www.gpartners.org/hbgmarathon)

Business Sponsorship Letter (see link at www.gpartners.org/hbgmarathon)

Pretzel sandwiches

Luncheon or Breakfast

Flamingo a Yard

Car wash

VOLUNTEER

Volunteers will staff a drink station at the event to hand out water to participants

Encourage participants

Potential volunteers for music at water station

RUN A 10K IN 12 WEEKS

Week	Day 1	Day 2	Day 3	Total Weekly Miles
1	2 miles	3 miles	2 miles	7
2	2 miles	3 miles	3 miles	8
3	3 miles	3 miles	4 miles	10
4	3 miles	2 miles	3 miles	8
5	4 miles	3 miles	4 miles	11
6	4 miles	4 miles	5 miles	13
7	5 miles	4 miles	5 miles	14
8	6 miles	5 miles	4 miles	15
9	4 miles	5 miles	4 miles	13
10	6 miles	5 miles	6 miles	17
11	6 miles	5 miles	6 miles	17
<small>Taper Week</small> 12	4 miles	3 miles	4 miles	11

Run your 10K race! Woo Hoo!



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6	4 miles	4 miles	5 miles	13
7	5 miles	4 miles	5 miles	14
8	6 miles	5 miles	4 miles	15
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16-Week Half Marathon Training Plan FOR BEGINNERS

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	off	3 miles	X-train	3 miles	off	4 miles	2-3 miles
Week 2	off	3 miles	X-train	3 miles	off	5 miles	2-3 miles
Week 3	off	4 miles	X-train	4 miles	off	6 miles	2-3 miles
Week 4	off	4 miles	X-train	4 miles	off	6 miles	2-3 miles
Week 5	off	5 miles	X-train	5 miles	off	7 miles	2-3 miles
Week 6	off	5 miles	X-train	5 miles	off	7 miles	2-3 miles
Week 7	off	6 miles	X-train	4 miles	off	8 miles	2-3 miles
Week 8	off	6 miles	X-train	4 miles	off	8 miles	2-3 miles
Week 9	off	5 miles	X-train	4 miles	off	9 miles	2-3 miles
Week 10	off	5 miles	X-train	5 miles	off	9 miles	2-3 miles
Week 11	off	6 miles	X-train	5 miles	off	10 miles	2-3 miles
Week 12	off	6 miles	X-train	5 miles	off	10 miles	2-3 miles
Week 13	off	6 miles	X-train	4 miles	off	11 miles	2-3 miles
Week 14	off	5 miles	X-train	5 miles	off	12 miles	2-3 miles
Week 15	off	4 miles	X-train	3 miles	off	6 miles	3 miles
Week 16	off	3 miles	off	4 miles	off	off	13.1 miles!

NOTES:

- On Fridays, take it easy and drink tons of water so you are well hydrated for your long run.
- The Sunday runs are recovery runs. Take it slow, and enjoy it!
- X-train (short for cross-training) means do something else, anything besides run. Bike, swim, elliptical, yoga or take a cardio class at the gym.
- Rest days are important. You need AT LEAST one good rest day a week.
- Feel free to alter the plan to suit your schedule; some like to take their long runs on Sunday.
- Strength training is an important part of any exercise plan, but try not to overdo it the day before a long run.
- Consider running a few shorter races during your half marathon training. Fit them in however they work best for you.

16-Week Marathon Training Schedule

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
1	3	Rest	4	3	Rest	5	Rest	15
2	3	Rest	4	3	Rest	6	Rest	16
3	3	Rest	4	3	Rest	7	Rest	17
4	3	Rest	5	3	Rest	8	Rest	19
5	3	Rest	5	3	Rest	10	Rest	21
6	4	Rest	5	4	Rest	11	Rest	24
7	4	Rest	6	4	Rest	12	Rest	26
8	4	Rest	6	4	Rest	14	Rest	28
9	4	Rest	7	4	Rest	16	Rest	31
10	5	Rest	8	5	Rest	16	Rest	34
11	5	Rest	8	5	Rest	17	Rest	35
12	5	Rest	8	5	Rest	18	Rest	36
13	5	Rest	8	5	Rest	20	Rest	38
14	5	Rest	8	5	Rest	9	Rest	27
15	3	Rest	5	3	Rest	8	Rest	19
16	3	Rest	3	Walk 2	Rest	26.2	Rest	34.2

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1	3	Rest	4	3	Rest	5	Rest	15
2	3	Rest	4	3	Rest	6	Rest	16
3	3	Rest	4	3	Rest	7	Rest	17
4	3	Rest	5	3	Rest	8	Rest	19
5	3	Rest	5	3	Rest	10	Rest	21
6	4	Rest	5	4	Rest	11	Rest	24
7	4	Rest	6	4	Rest	12	Rest	26
8	4	Rest	6	4	Rest	14	Rest	28
9	4	Rest	7	4	Rest	16	Rest	31
10	5	Rest	8	5	Rest	16	Rest	34
11	5	Rest	8	5	Rest	17	Rest	35
12	5	Rest	8	5	Rest	18	Rest	36
13	5	Rest	8	5	Rest	20	Rest	38
14	5	Rest	8	5	Rest	9	Rest	27
15	3	Rest	5	3	Rest	8	Rest	19
16	3	Rest	3	Walk 2	Rest	26.2	Rest	34.2