



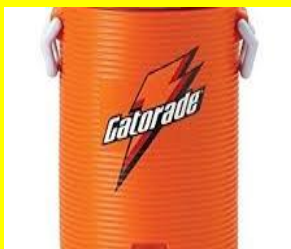
SUMMER MARATHON TRAINING: WEEK 15

"Just give me the "deets"

Sunday: Ready to Run 20 Miler

Hydration:

Every 2 miles along the Lakefront path



Ready to Run Bus Information

- Bus will depart Lake Bluff Panera Bread+ at 4:45
- Bring a bag for gear check, you can not leave anything on the bus.
- The bus should arrive at the start line no later than 5:45. After you gear check, find your pace group on the track.
- After the run, meet the NSDRC group outside the beer area.
- Bring a change of clothes and a snack for the bus.

The Ready to Run is your last opportunity for a "dress rehearsal" for marathon day. Make sure you wear the same clothes, eat the same pre-race dinner and breakfast, and use the same nutrition on the course. The only difference is that Ready to Run is not a race! Plan to run your training pace. There is no need to exhaust yourself or run the risk of injury by pushing too hard.

Have a great run so that you can transition to taper mode with the confidence that you are ready to run 26.2!

	Pace	Bus from Panera	Bus back to Panera
Veronica Weithofer	Run/walk	Yes	Yes
Lynn Kotlicky	10:30	Yes	Yes
Theresa Arnold	10:30	Yes	Yes
Charles Rotblut	11:00	Yes	Yes
Kim Cottrell	10:30	Yes	Yes
Samantha Dolen	10:30	Yes	Yes
Julia Rowe	11:30	Yes	Yes
Misty Dale	11:30	Yes	Yes
Tim Hankins	11:30	Yes	Yes
Cynthia Murphy	11:30	Yes	Yes
Efren Heredia	Run/Walk	Yes	No
Kim Wagner	Run/Walk	Yes	No
Mike Reidy		Yes	Yes
Kaitlyn Williams	10:30	Yes	Yes
Michelle Guerzon	Run/Walk	Yes	Yes
Tanusha Kirsten	11:30	Yes	Yes
Morgan Gelera	Run/Walk	Yes	Yes
Brooklyn Holley	11:30	Yes	Yes
Eileen Howe		Yes	Yes
Dan Bohlen		Yes	Yes
Loan Lynch	12:30	Yes	Yes
Lara Drake	Run/Walk	Yes	Yes
Elsa Alvaro	11:00	Yes	Yes

“Aiming for the marathon is a task of sorts which can include terrific highs and lows.”—Bill Rodgers