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# Ready for a real challenge?

How about a marathon or half marathon?



register at [www.rockinrunners.com](http://www.rockinrunners.com)

## HERE'S WHAT YOU GET:

- » Professional coaches
- » Weekly running calendar
- » Pace groups from entry level to elite
- » Weekly mini-workshops before each run
- » Water stations and support on the course
- » Train on parts of the actual marathon course
- » Online tools (logs, calendars, social network)
- » A fun atmosphere with an amazing group of people

Official Training Program:



**DetermiNation™**

Preferred Training Program:

