

# Beresford Parks, Rec. & Community Education (PRCE)

305 W. Oak Street  
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## Half Marathon/Full Marathon Training Program

The goal of this program is to increase cardiovascular fitness, strength, flexibility and overall health through a group training format to prepare participants for running either a Half Marathon or a Full Marathon on May 11 in Brookings. Taking part in Brookings event is optional and the registration fee for the even is a separate expense.

The group will meet on Tuesday and Thursday mornings @530am and Saturdays @ 6:00 am. Tuesday and Thursday runs can be done outside of the group time if needed. The Saturday morning group long run is where goals and progress will be checked look atr fitness/progress, and run down of the week also look at the week ahead.

Dates: Tuesday, Thursday, Saturday mornings starting October 15, 2018 - May, 2019

Ages: Adults (both males and females)

Cost: \$50 per participant

Location: Elementary Commons for Outdoor Runs and High School Fitness Center for Indoor Runs

**DEADLINE for registration is October 1, 2018**

Questions: please call Director at 763-2094 or email [scott.klungseth@k12.sd.us](mailto:scott.klungseth@k12.sd.us)

----- cut here and keep above info!!!! -----

**2018 PRCE Half Marathon/Full Marathon Training Program Registration**  
**One sheet per adult please & return to the Community Education Building**

Name \_\_\_\_\_ Email \_\_\_\_\_

Cell \_\_\_\_\_ Local emergency contact name/number \_\_\_\_\_ PH# \_\_\_\_\_

Beresford PRCE, in making this recreational activity available, assumes no responsibility for injury. The responsibility for injury is assumed entirely by the participant. Participants in recreational activities are not covered by any special insurance coverage, therefore, participants should have adequate insurance coverage. I ACCEPT THE RESPONSIBILITY AS STATED ABOVE. I have consulted a physician and am confident that I am currently have not medical conditions that should preclude me from participating in this fitness-based activity.

Printed Name \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_, 2018