



CARA MARATHON TRAINING PROGRAM



CARA
CHICAGO AREA RUNNERS ASSOCIATION

ABOUT CARA



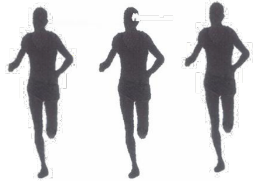
CARA
CHICAGO AREA RUNNERS ASSOCIATION

#1

Largest local running org in the Midwest

3rd largest in USA

5,000 Members / **55,000** Program & Event attendance per year



Largest group training program in USA

85,000+ participants in CARA's racing circuit

Host over 700 dates of programs & events per year



We **Serve** in over 10,000 volunteer roles and provide more than 42,000 volunteer hours per year!



Established in 1978

50+ local charity partnerships

Mission based 501c3 **not-for-profit** organization

PROVEN LEADER



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Since its start in 1989, CARA has helped tens of thousands of runners complete the 26.2 mile course in Chicago and at other fall races. We've helped aspiring marathoners and seasoned veterans alike make it to the finish line, and we can help your runners too!

Our popular 18-week program has long been Chicago's premier group training program, serving newcomers and experienced runners alike.

CARA runners enjoy the flexibility of eleven training site options scattered across the city and suburbs. With over 2,000 runners annually taking part in CARA training you will never have to go it alone.

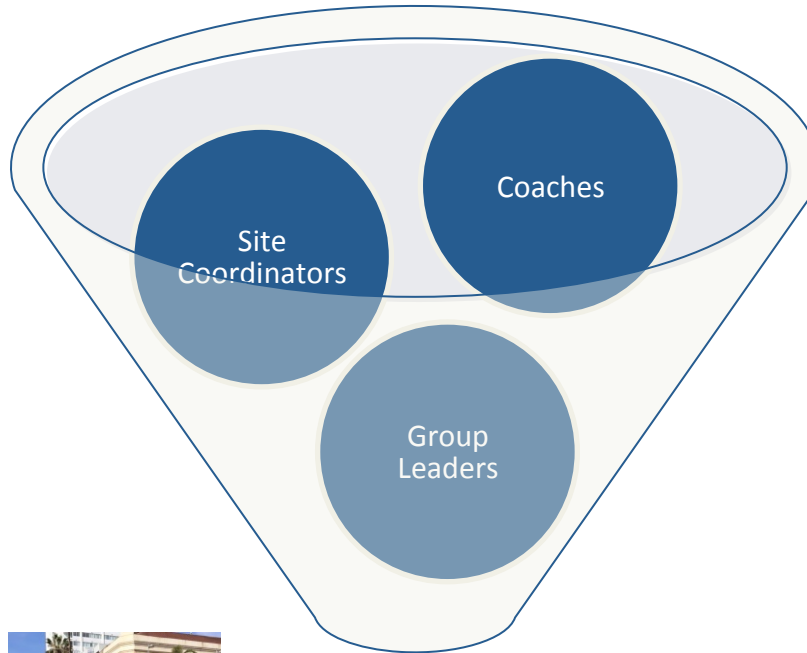
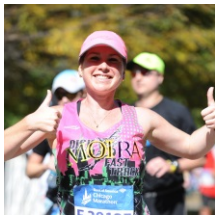
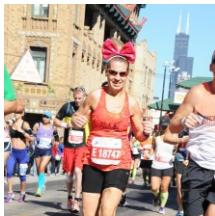
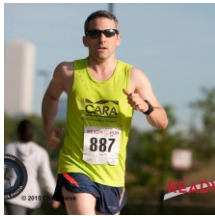
Our group training for the marathon in Chicago, which begins June 4, 2018, will prepare you to successfully and safely cross the finish line.



EXPERTS



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Coaches & Staff

- Administrate program
- Develop training regimen
- Lead site coordinators and group leaders

Site Coordinators

- Oversee training locations
- Organize runs
- High level of expertise at each location

Group Leaders

- Pace groups of 10-50 runners each
- Share tips, advice and encouragement

***Second to none
experience from our
CARA member leaders!***

THE TRAINING



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18-week time tested training plan developed by CARA's coaches, including CARA Director of Training Leah Bohr.

Plans for all levels; including Novice, Intermediate-I, Intermediate-II and Advanced.

Training plan support by coaches, CARA site coordinators, and group leaders.

Online tools with Final Surge:

- Day-by-Day workouts available through the online training log
- Multiple training plans available based on training level (novice, intermediate I and II, advanced)
- Flexibility to adjust timing of plan towards target race
- Daily emails detailing training session
- Track & analyze training in a simple, easy-to-use interface
- Fitness device integration
- Message boards

The 18-week program that started it all in Chicago!

The screenshot displays the '2016 Spring Cubicle to 5K Training' plan. The interface includes a navigation bar with tabs for Workouts, Equipment, Routes, Training Plans, Resources, Message Boards, and Coaching. A sidebar on the left shows the 'Training Calendar' and '2016 Spring Cubicle to 5K Training'. The main area is a calendar grid from May 1 to July 23. Each day's entry lists the workout type, duration, and distance. For example, on May 1, the workout is 'Run: 30 Min Run (30:00)'. On May 3, it's 'Cross Training: Cross Training (30:00)'. The calendar also shows rest days and cumulative totals for the week.

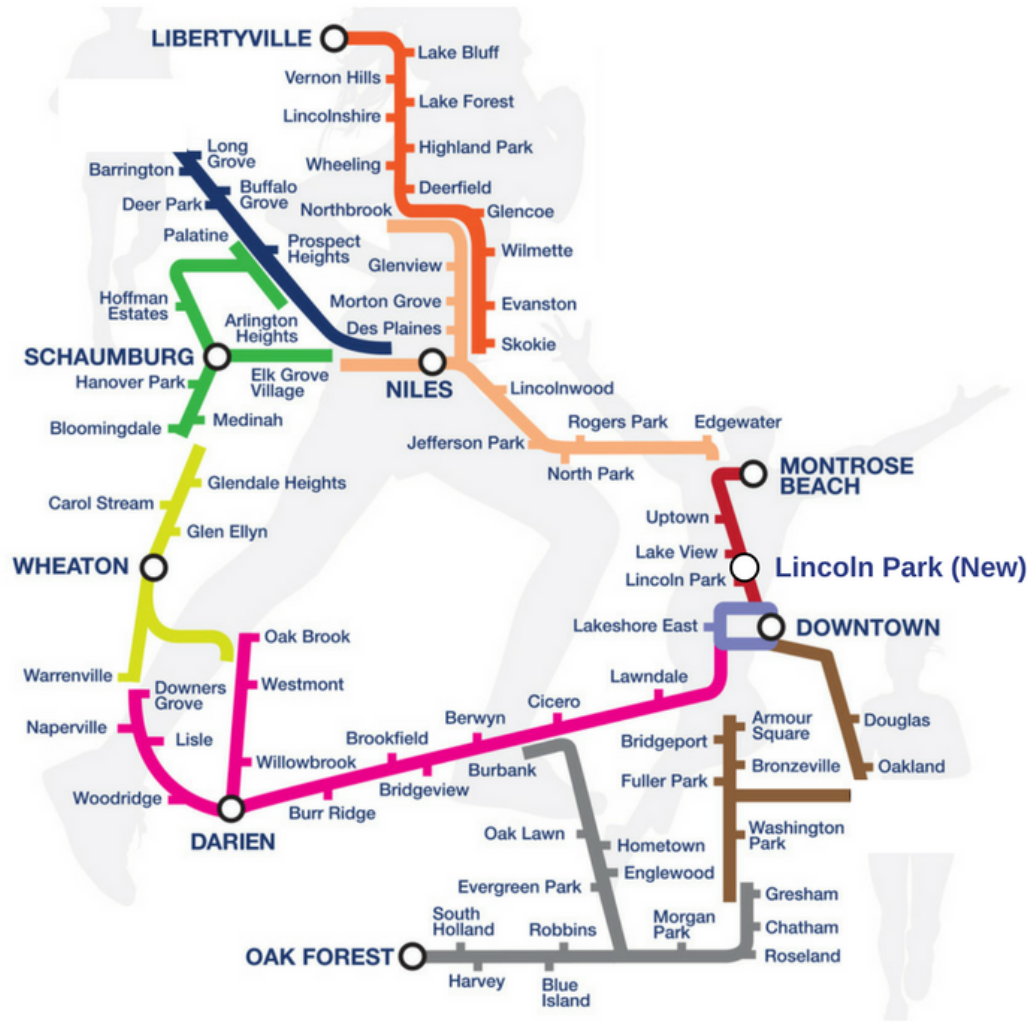


Online Tools & Support

LOCATIONS



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Montrose Beach

- Saturday's @ 6:00am
- Saturday's @ 6:30am
- Sunday's @ 6:30am

Lincoln Park (New!)

- Saturday's @ 6:00am

Downtown

- Saturday's @ 6:00am

Darien

- Saturday's @ 7:00am

Libertyville

- Saturday's @ 6:45am

Niles

- Saturday's @ 7:00am

Oak Forest

- Saturday's @ 6:50am

Schaumburg

- Saturday's @ 6:30am

Wheaton

- Saturday's @ 6:45am

*Mid-Week runs and speed work also offered at multiple locations
Start times and locations subject to change*

SUPPORT



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It's not just a group run, it's a fully supported training experience!

The Power of the Group: Gain support, security and camaraderie with the support a training program nearly three-times larger than any other in Chicagoland.

Leaders: Nearly 250 CARA member pace group leaders who are experienced marathoners committed to guiding you every step of the way. Weekend long runs will be led by friendly, knowledgeable, and experienced CARA Group Leaders - we have plenty at each 30 second pace interval, from 7:00 to 12:00 min/mile, plus run/walk paces!

NovaCare: Gain access to CARA's invaluable 24/7 Injury Hotline with NovaCare Physical Therapist ready to support your runners injury questions.

Hydration Support: Hydration stops serving Gatorade Endurance and water along your group runs.



E-NEWSLETTERS



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- Weekly newsletter from CARA Director of Training Leah Bohr
- Info packed with motivation, tips, training plan, expert advice, and more!
- Offers and discounts from CARA partners.



CARA Summer Marathon Training Week 18 October 1 - October 8, 2017

I cannot believe I am writing the "Good Luck!" "Go get 'em!" "Seize the Day!" email that we have been waiting for since June. This is a bittersweet moment. I am a little sad because this summer was special to so many people, including myself, and part of me doesn't want it to be over. I have enjoyed getting to know many of you and feel so great about the race ahead. Your preparation has been complete. It is time to dial in on all of your hard work and have faith in it.

Don't forget to look up from that watch and smile during the race. Enjoy the experience for everything it is and everything you want it to be. No matter your goal, take pride in how you got here and all you had to endure to make it to this point. When the going gets tough reach into that bag of tricks and refer to the tougher moments during training. Remember how you fought through early mornings, humid weather, sleep deprivation, cramps, hunger, and total fatigue. Your body will remember if your mind does and you can use it to push through. CARA believes in you, your friends and family believe in you, and most importantly you believe in yourself!

Not running Chicago? Maybe Grand Rapids, Indianapolis or NY are in your near future. Take a break from training and come cheer on your CARA bees! Keep following your plan and your "good luck on

SUPER CLINIC



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It's a Chicago tradition for marathon runners City & Suburban Locations



First time marathoner trying to figure out how will complete 26.2 miles? Experienced marathoners looking for advanced tips to PR and run injury free? CARA's Super Clinic offers two distinct clinic tracts to prepare runners for a successful marathon experience.

Last Year's Novice Sessions:

- 1:45pm Marathoning 101 - What You Need To Know
- 2:05pm Runner Specific Injury Prevention
- 2:25pm Mentally Conquering 26.2
- 2:45pm Strength Training For Busy Professionals
- 3:05pm Common Marathoner Nutrition Mistakes

Last Year's Experienced Sessions:

- 1:45pm Optimizing Running Form
- 2:05pm Periodization Of Speed Training
- 2:25pm Latest Marathon Nutrition Research
- 2:45pm Preventing Injuries Using 3D Motion Analysis
- 3:05pm Running Strong Through Adversity

UNIQUE BENEFITS



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A full 2018 CARA membership!
(\$35 Value)



Free Entry into the Ready to Run 20 Miler
(\$80 Value)



Free Access to Marathon VIP Experience
(\$60 Value)



CARA Tech Shirt
(\$25 Value)

EXPERIENCE



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CARA is a **member driven** organization and when you join us you become part a caring **community**. You'll receive miles and miles of support that will keep you **motivated** and **accountable** to reaching your goals, and you'll want to keep coming back year-after-year.



We look forward to running with you!

Questions?

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