



**Let Vertical Runner Training help you prepare for the
Road Runner Akron Marathon / Half Marathon / or Relays
All abilities are welcome! Proven approach for success!**

Program Features

- Receive personalized training plans based on your ability, goals, and lifestyle
- Stay motivated with seminars featuring cross-training, nutrition, and injury prevention
- Get the latest tips and features on running, fitness, and training
- Group activities including scheduled group runs
- Fully aided group runs for training group runs greater than 16 miles

Let us help you achieve your goals

Training Group for all Levels and Abilities
Coaches range from sub 3 hour marathoners to those who just toe the line to finish

Discounts at Vertical Runner
10% OFF Discount on footwear and accessories & 15% on apparel and socks

- Resources**
- The Vertical Runner Message Board is a great resource for the Road Runner Akron Marathon and Team Relay participants
 - The Vertical Runner Website has an abundance of information that you can use for training, such as our direct link to Dr. Nilesch Shah and Summa Sports

Getting Started

First Month of Training is FREE!!!

There is no obligation to the training group up front. We want you to feel comfortable in our training group so we invite you to give it a try!

Fees for Training Group (Includes Race Entry Fee)
\$135 Marathon
\$115 Half Marathon

Contact Us Today

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