

Accountability PLAN

FINDING A MARATHON TRAINING PLAN ISN'T HARD. STICKING TO IT IS.

DON'T WORRY, WE HAVE A SOLUTION FOR THAT.

THIS IS OUR ACCOUNTABILITY PLAN, IT'S PRETTY SIMPLE:

1) CHOOSE YOUR RACE - 3 MARATHON OR 2 HALF MARATHON CHOICES.

2) CHOOSE HOW MUCH YOU WANT TO PAY FOR ACCOUNTABILITY, FROM \$20 TO \$100. WHETHER YOU COMPLETE YOUR RACE OR NOT, YOU ARE GUARANTEED THIS AMOUNT BACK AFTER RACE DAY IN THE FORM OF A ROCHESTER RUNNING COMPANY GIFT CARD.

3) COMPLETE YOUR GROUP RUN PUNCH CARD** AND RECEIVE A 50% BONUS ON YOUR POST-RACE GIFT CARD.

4) COMPLETE YOUR GOAL RACE AND RECEIVE A 25% BONUS ON YOUR POST-RACE GIFT CARD.

PLAN INCLUDES:

- Basic training plan.
- Facebook group to connect you with other runners training for your race.
- Punch card valid at any of our 4 weekly group runs.
- Program kick-off party

** 10 punches for the half marathon training, or 15 for the full marathon training.

EXAMPLE: You value the accountability plan at \$100

- Pay \$100 to RRC
- Complete your race & fill your punch card: earn a **\$175** RRC gift card.
- Complete your race but group runs weren't your thing: earn a **\$125** RRC gift card.
- Didn't complete your race, but filled punch card: earn a **\$150** RRC gift card.
- Didn't complete your race & didn't fill punch card: receive your original **\$100** investment back in the form of an RRC gift card.

SIGN UP NOW!

ROCHESTER RUNNING CO.

RACES

HALF MARATHONS:

Race:	Date:	Start Date:	Kick-Off:
Rochester Half	9/17/17	6/26/17	6/27/17
Wineglass Half	10/01/17	7/10/17	7/11/17
Syracuse Half	11/12/17	8/21/17	8/22/17

MARATHONS:

Race:	Date:	Start Date:	Kick-Off:
Wineglass Full	10/01/17	5/29/17	5/30/17
Marine Corps Full	10/22/17	6/19/17	6/20/17
Philadelphia Full	11/19/17	7/17/17	7/18/17

Not running one of our selected races? That's ok! If you are looking to run a half or full marathon this year, we'd still love for you to train with us! Just register in store 12 weeks before your half, or 18 weeks before your full. Unfortunately, we cannot provide a Facebook group or kick-off party for you, but will still provide a basic training plan!

Register Online & Pay in Store!