

Virtual Marathon in a Month



Join **Ready Set Run** for this unique virtual marathon event. Each weekend in November you will complete a race – the distances will total a marathon. You can run, walk or do an interval.

Date	Distance in Km	Distance in mi.
Nov. 7 or 8	5K	3.1 mi.
Nov. 14 or 15	10K	6.2 mi.
Nov. 21 or 22	6K	3.8 mi.
Nov. 28 or 29	21K	13.1 mi.
	42K	26.2 mi.

Each marathon finisher will receive an embroidered fleece vest. Vests come in men's style and women's style with zippered side pockets, waist draw cord and inside pockets. Vests can be picked up at Ready Set Run from December 1st through December 31st, 2020 or they can be mailed for an additional fee.

There will also be age group prizes. You will report your race times each weekend and they will be combined to determine your marathon finish time. Your marathon time will be used to determine age group winners. There will be prizes for the top three male and female finishers in each age group (19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+).

A training program will be sent to you when you register. It is meant as a guide as you prepare for your November events. You should make adjustments as needed to meet your fitness needs and goals. The training plan begins on September 6th.

We hope you will join us for this exciting virtual event! Early bird registration fee - \$50 if you register by September 20, \$60 after that. Registration closes on October 20th. You can register online at Pretzel City Sports or by mailing in the registration form to Ready Set Run, 431 Main St., Stroudsburg, PA 18360.