

## Why Run A Marathon?

"Know yourself, so you may live that life particular to you, the one and only life you were born to live. Know yourself, that you may perfect your body and find your play."

Dr. George Sheehan, philosopher-runner

There are many ways to test your character to see what you are made of and to find your authentic self.

When you are slow like I am you ask yourself why run a marathon? Why put myself through such a test?

Running a marathon simply is one of the best ways I know to find myself, to keep my weight under control (I love to eat), to feel healthy, to meet new friends, and to know I am alive and ready for any challenge that comes my way.

After you run a marathon or 1/2 marathon you will know what I mean. Nothing else seems impossible. You will feel so proud you did something only 1% of all Americans will ever do.

Whatever motivates you I hope you will join us this year for what should be one of the most memorable experiences of your life. We have designed a 12 week program for you the beginner - a program that does not care how long it takes to finish your marathon, but one that wants you to enjoy the journey.

I hope you will join us!

Tim Schlitzer, Co-Founder TRY Team and TRY Chips. (Arnot, PA)



# Join the Mansfield TRY Team 2010

## Run Your First Marathon or 1/2 Marathon

Is it on your bucket list to run a marathon or 1/2?

To get in great shape for the summer?

Become healthier and more active?

Drop weight and feel better?

Meet new friends and work together for a goal?



### Contact

Try Team LLC  
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570-638-3608  
[tim@tryteam.com](mailto:tim@tryteam.com)

### Contact

Main Street Yoga  
10 S. Main St (Suite C)  
Mansfield, PA 16933  
570-660-5873  
[mainstreetyoga@gmail.com](mailto:mainstreetyoga@gmail.com)

Call to ask questions or to join the Team!

Stop in at our free open house meetings to discuss the event and learn more about joining the team on Wednesday, Feb 3 at 7 p.m. at Main Street Yoga.

Main Street Yoga and Try Chips have teamed up for a 12 week program that will help you go the distance and reach your personal goals!



# Program 2010

12 Week Program based on the book "Marathoning for Mortals" by John Bingham. We will work together to learn how to train, eat and stay motivated. Every Wednesday evening at Main Street Yoga we will meet to discuss training, nutrition, injury prevention and meet experienced marathoners who will help us in our quest. Every weekend we will have a scheduled supported run together. And each week we will help you map out your own runs, nutrition and plans to reach your end goal of running a 1/2 marathon or full marathon.

## Schedule:

12 Weeks to Marathon - Starts Wednesday Night  
February 10, 2010 and runs until Marathon Day, Saturday  
May 1, 2010  
(Meetings every Wed @ 7pm 1 Hour)  
(Weekend Runs and Workouts Scheduled each weekend  
until event)

**Cost:** \$10 per week membership (\$120 total)  
\$65 Marathon Fee - \$45 1/2 Marathon  
\$25 Marathon Team Training Shirt

*\* transportation to marathon day will be worked out as a team*

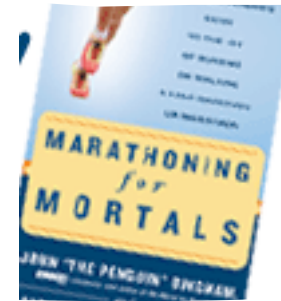
## TRY TEAM

To goal of the Try Team is to help you finish a half-marathon or marathon at your own pace. The word TRY is important to us - we want you to try something new and feel good about your effort. This is a program that is not easy by any stretch of the imagination but we want you to have fun while reaching your goals



## Go The Distance -

Even if you never ran a step in your life!



## Marathoning for Mortals

You, too, can run a marathon or half-marathon! All you need are the desire, tenacity (it's more important than talent) and a little help from ordinary runners who've been there.

## ABOUT US

**Tim Schlitzer** has run 16 marathons as well as a number of 1/2 marathons, trail endurance races and 1/2 Ironman distance events in the past 10 years. Tim has helped many friends to complete their first marathon.

**Kath Thompson** is a Professional Level (RYT500) Yoga Teacher who has taught over 3,000 classes since opening Main Street Yoga in 2004. She is committed to health, happiness and raising her personal energy level through movement, meditation and conscious living, and she wants to help other people do the same. Kath ran her first half-marathon trail race last year and loved it!

**Jerry Amabile** was always a casual runner, occasionally running 3 - 4 miles at a time, a couple times per week ...usually on business trips to help him clear his head and stave off the pounds that always seemed to latch on to his waist. Jerry never thought in his wildest dreams that he'd could run for hours ... but he caught the long-distance running bug and for the past 7 years hasn't looked back. Thanks to his friend/business partner/ Training Coach, Tim Schlitzer ...Jerry is now an avid distance runner; tackling marathons, 1/2 marathons and trail runs. "It's not about the time we finish, it's about the time we spend outside enjoying the beautiful surroundings and the kindred spirit of our running partners that makes Distance Running worth Trying."

**Saturday May 1, 2010**



Special Thanks to - Kelchner Fitness Center, Night and Day Cafe, Brian Kennedy and Jackie Schlitzer