



# Why Train with CARA?

**There are several reasons why new and experienced runners alike choose CARA to guide them to running success.**

- Fully-supported long runs complete with Gatorade, water and pace leaders for every pace from 7 minute per mile to 12 minute per mile, including run/ walk
- Mid-week group training runs
- Year-round supervised FREE weekly speed workouts with Coach Leach, a highly-respected Chicago-area track and cross country coach who guided 36 All-Americans in his collegiate coaching career. Speed workouts are a guaranteed way to get you to improve on your marathon time! CARA offers speed workouts at three different times each week and through the suburbs. Additionally, you can continue to attend the workouts through 2015.
- **Comprehensive 18-week training guide with novice, intermediate, advanced, and an online training companion**
- Free entry into CARA Ready to Run 20 Miler – a fully supported 20 mile training run with group leaders designed to mimic race day experience with the best post-race party around!
- Camaraderie with many other runners of various abilities
- Special accommodations on marathon race day including; separate gear check and port-a-johns in addition to access to CARA's exclusive VIP Compound
- Discounts to most Chicago area running races in addition to running stores, spas, restaurants, physical therapists, nutritionists and other CARA Community Partners
- FREE entry into the Super Clinic marathon training kick-off; featuring expert speakers on topics such as proper footwear, injury prevention, hydration and nutrition, motivation and more
- Mid-season pizza parties and other CARA special events for members

## **How it works:**

The program has ten different sites including: Chicago Montrose, Chicago Lakeshore East (Downtown), Chicago Hyde Park, Chicago Beverly, Wheaton, Niles, Oak Forest, Darien, Libertyville, and Schaumburg

Each site has a volunteer site coordinator and volunteer pace group leaders who are experienced marathoners to guide new runners on the Saturday or Sunday long runs

Participants receive a packet of information including a technical t-shirt, an 18-week day by day running schedule with strength training and cross training included, and access to online training program

## **NovaCare Rehabilitation**

CARA marathon training participants have access to the NovaCare Rehabilitation injury hotline. NovaCare is a loyal sponsor of CARA and their physical therapists are on hand to help our runners with whatever they need during training. Runners can call 1-800-TRY-NOVA and will receive a call from a physical therapist within 24 hours.