



**BE A  
ROAD  
RUNNER  
THIS FALL**

**ROAD RUNNER**  
HIGH SPEED ONLINE®

**AKRON  
MARATHON**

**9.25.10**

.....  
**akronmarathon.org**

## 2010 RUNNERS' INSTITUTE

Join the *Road Runner* Akron Marathon Staff and Summa for a FREE seminar series educating runners on proper marathon training and preparation.

**April 12, 2010: Session 1**  
*Getting Started*

**June 14, 2010: Session 2**  
*The Long & Winding Road*

**August 9, 2010: Session 3**  
*Controversies in Running*

**All seminars will be held at:**

Akron City Hospital  
Raymond C. Firestone Auditorium  
55 Arch St., Akron, OH, 44309  
7:00 p.m. to 8:15 p.m.

**Cost:** FREE

**RSVP:** Online at [akronmarathon.org](http://akronmarathon.org)  
or by calling Summa at 330.379.9229.

To view seminar agendas and for more information, please visit [akronmarathon.org](http://akronmarathon.org) or call the marathon office at (330) 375-2786.

Presented By:

