

## **Runners Half Marathon of Reston 2024**

**Race Date: Sunday, April 21, 2024**



***Reston Runners invites new and experienced runners to their annual half-marathon training program.***

Whether you're completing your first half marathon or an experienced runner shooting for a PR, there's a team and training schedule to help meet your goals. Come and enjoy our comradery and the benefits of training with a group of runners with similar goals.

The twelve-week program is accessible to runners of all aerobic and athletic abilities and tailored to three levels of runners: advanced running group, moderate run group, and run/walk group. The training program will transpire from January 27 to April 20, 2024, and consist of one group run held weekly on Saturdays. The program is led by Kahlil Dover who will work with participants to ensure that they are matched with a group that aligns with their current running level and goals.

The goal is to have a rewarding training experience, develop long-lasting relationships within the Reston running community, and meet your personal goals in completing a half marathon. Participants should feel comfortable running and/or run/walking at least 5 miles before the beginning of the program. Membership in Reston Runners is welcomed, but not required. Participation in the half marathon requires separate registration and payment of race fees.

Each Saturday at 8:00 am, participants meet with the coaches for a brief talk, followed by a run and/or run/walk. Meeting locations are at the start location of the regular Reston Runners Saturday courses. At the start of the program, participants are given a workout schedule that specifies the Saturday meeting locations as well as a weekly schedule of additional workouts that participants are encouraged to complete on their own.

As additional supplement workouts, participants are welcome to attend the Reston Runners Sunday runs as well as the "choose your own pace and distance" Thursday evening run starting from Potomac River Running in Reston Town Center, refer to the calendar posted on the Reston Runners website for more details.

Participants will find running partners ranging from run/walkers to experienced runners at all the events. Reston Runners feels that running is a more pleasurable activity as a group and runners are more likely to meet their goals with the support of the group.

The program fee is \$50 (with a \$10 discount for current Reston Runners members) and includes coaching by current Reston Runners members, water & Gatorade provided for group events, tried & true courses throughout Reston along with course markings, weekly group runs, a workout schedule, all of the encouragement you would like, and a t-shirt.

Registration is open on December 20, 2023, and will remain open until February 3, 2024.

For further information, or to inquire about volunteer coaching, contact the Program Director at [RMRInfo@restonrunners.org](mailto:RMRInfo@restonrunners.org).