

GROUNDWORK ATHLETICS 2012 NEW YORK MARATHON

5 STAR PACKAGE INCLUDES:

- 3 nights stay at Waldorf Astoria in Manhattan
- Guaranteed race entry 2012 ING NYC Marathon
- Bus transfer to marathon start
- Custom Icebreaker GWA/NYC Marathon running shirt and shorts
- Private escort through NYC Marathon Expo (mandatory for all racers)
- NYC Marathon race kit

PRICING:

· **\$2,699.00** per person

*Based on double occupancy

*Single occupancy pricing is available – can also extend package with a pre or post race stay in New York City with optional theatre, sporting event and site seeing tours available – ask for your customized quote today!

DEPOSIT:

· **\$500** non-refundable deposit required to reserve your spot
due by Feb 28, 2012

ALL PAYMENTS AND TRAVEL INQUIRIES HANDLED BY:

Terri Jo Lennox, CTC, Travel Time Inc
1.888.544.9333
terrijo@travelttime.ca

*Mention Groundwork Athletics NYC

ALL RACE INQUIRES HANDLED BY:

Troy Dalton
604.897.1771
troy@groundworkathletics.ca



GROUNDWORK
ATHLETICS INC.

NYC MARATHON 2012

GROUNDWORK ATHLETICS TRAINING

5TH AVE PERSONALIZED 6 MONTH RUN PROGRAM:

\$800

- Training starts in May to November
- Consult with and prepare you for a 10K, then a half marathon, then NYC full marathon
- Lactate and Heart Rate training zone test
- Race strategy and nutrition one on one consulting sessions for each race
- Two Private personal training session gift certificates
- 24/7 consulting to help answer all your training questions
- Ability to join any GWA group run

MADISON AVE STANDARDIZED 6 MONTH RUN PROGRAM:

\$500

- Training starts in May to November
- Designed to prepare you for a 10K, then a half marathon, then the NYC full marathon
- 24/7 consulting to help answer all your training questions
- Ability to join any GWA group run

GWA EXTRAS:

For those looking for a few specific things to help in their training.

- Personal training (\$70 per session)
- Group training (\$25 per session)
- Lactate and HR training zone test (\$150)
- Early Bird run program January-April (\$150)
- Race strategy and race nutrition consulting session (\$50)
- Custom GWA & NYC Marathon Icebreaker running shirt and shorts (\$125)
- Polar FT4 HR Monitor (\$125)
- GWA Group Run Drop In (\$5)

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