

Questions & Answers:

Who can participate in the Y26.2: *ANY child in Kindergarten through 10th grade can participate in the Y26.2 marathon training program, whether they are in public school, private school, or home school. Children with disabilities are also welcome to participate. Contact your PE teacher about joining. Additional Contact information is below:*

How much does it cost? *This program is currently privately funded. Any donations would be appreciated. Checks can be made out to "Y26.2 Mini Marathoners".*

When do we train? *Please refer to training schedule in this brochure. Training will take place at the Kingston YMCA, and then eventually move to Dietz Stadium. Training will be provided by Mark Wilson of the Hudson Valley Triathlon Club, and Parisi Speed School. Each week your children will learn how to properly stretch and ease into a running program. Each week during training, you will run 1 mile and log that mile on your log sheet. Sometime during the week, you will run a mile in addition to your mile on Saturdays. By race day, you should have logged 25.2 miles. Your last "marathon mile" will be completed on race day!*

Who can I contact for more information?:
Tamme Stitt at KidsClassic@ymcaulster.org or Justin Ihne at jihne@ymcaulster.org may be contacted at any time.

PROGRAM COACHES

Mark Wilson, Mark Wilson is a Professional Triathlon Coach who works with athletes' beginner to Pro. He is the Founder/President of the Hudson Valley Triathlon Club (HVTC) which hosts a 4-race Summer Tri-Series at beautiful Wilson State Park in Mt. Tremper, NY. He leads numerous triathlon camps/clinics each year including locations such as Kona, HI and Lake Placid, NY. Mark is also an accomplished triathlete himself; 6-Time Finisher Ironman Lake Placid, 7-Time Finisher Survival of the Shawangunks (SOS), USAT All-American and Qualifier for Escape From Alcatraz in San Francisco, CA. For more information, please go to hvtc.net.

Parisi Speed School, Kingston NY: The Parisi Speed School has allowed athletes to do the two things our program strives for: Athletes have improved their athletic performance, but more importantly, they have developed a higher level of self-confidence. Steve Nilsen first started out as an athlete at the Parisi Speed School in 2006. He was a two sport athlete in college playing soccer and baseball. After attending the State University of New York at Cobleskill for two years he then transferred to The College of Saint Rose where he finished his Bachelors of Science degree with a concentration in Sports Management and Business Administration. After college he found his way back into Parisi and now holds the Director position.



The YMCA Y26.2 Running Program



Group Starts

JANUARY 10th 2009

Open to Ages 4-16

Training Held at:

Y M C A

Broadway, Kingston NY

Phone:

845-338-3810

Web site:

www.YMCAUlster.org

www.myspace.com/y262



