



Deseret News  
**MARATHON**  
*10K/Read Today 5K Walk*

Salt Lake City will be the Fastest City on Earth.  
**Monday Morning**  
**July 25, 2011**

## Runner instructions

**Marathon buses** will depart from the EnergySolutions Arena and Rice - Eccles Stadium at 3:15 and 3:45 a.m. to go to the top of Big Mountain. Do not plan on driving to the top. Also, please do not leave it until the 3:45 bus as it may pose a problem if too many people plan on the late bus. The marathon starts at 5:30 a.m.

**Aid Stations** will be at every other mile after mile 3. Gel will be at the aid station at mile 19. Powerade is at mile 5 and then every other station through 21.

**All 10K runners** need to get to Research Park at the University of Utah on their own. Parking is abundant there. The Race begins at 6:00 a.m. The 10K start is now on Chipeta Way. There will be two aid stations for 10K runners.

**Buses** will transport finishing runners from Liberty Park back to the EnergySolutions Arena, Rice Eccles Stadium and Research Park. Due to the state holiday, the parade and the race route closures, and traffic, you may have to wait for a few minutes for a bus.

**The 5K walk** is a non timed fun walk. There will be no police help for this walk and street lights and stop signs will need to be observed. The 5K walk starts at 7:00 a.m. at the EnergySolutions arena.

**The awards ceremony** for age-group and top winners will be at Liberty Park at 8:00 a.m. for the 10K and 10 a.m. for the marathon.



**Utah's Fastest Running Tradition.**



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## Runner Preparation

A lot of people run in the Deseret Morning News/KJZZ Marathon. So can you. The youngest person to run was 7 and the oldest was over 70. The lightest runner weighted only 57 pounds and the heaviest weighed over 220. But they all finished as a result of proper training.

The step-by-step schedule shows how you can finish the Deseret Morning News/KJZZ Marathon if you have been running at least 30 minutes a day. If you're significantly below that, the program shouldn't be started until you've reached that level.

The schedule includes a three-month plan. If a runner plans to enter the Deseret Morning News / KJZZ Marathon on July 24, the schedule should begin in late April.

When training, it's a good idea to not try running the full marathon route because you might drop out or hurt yourself and never recover psychologically. Leave the last several miles of the race unexplored until the proper time and place, when other runners can help you and when finishing counts!

Program	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Average
Week 1	25 min.	50 min.	25 min.	50 min.	25 min.	1:10	optional	35 min.
Week 2	30 min.	55 min.	30 min.	55 min.	30 min.	1:20	optional	40 min.
Week 3	35 min.	1:00	35 min.	1:00	35 min.	1:30	optional	45 min.
Week 4	35 min.	1:10	35 min.	1:10	35 min.	1:45	optional	50 min.
Week 5	40 min.	1:20	40 min.	1:20	40 min.	1:45	optional	55 min.
Week 6	40 min.	1:30	40 min.	1:30	40 min.	2:00	optional	1:00
Week 7	40 min.	1:30	40 min.	1:30	40 min.	2:00	optional	1:00
Week 8	40 min.	1:30	40 min.	1:30	40 min.	2:00	optional	1:00
Week 9	40 min.	1:30	40 min.	1:30	40 min.	2:00	optional	1:00
Week 10	40 min.	1:30	40 min.	1:30	40 min.	2:00	optional	1:00
Week 11	40 min.	1:30	40 min.	1:30	40 min.	2:30	optional	1:05
Week 12	40 min.	1:30	40 min.	1:30	40 min.	2:00	optional	1:00

In addition there are several running groups sponsored by the Salt Lake Running Company that can help get you ready for the event. Please visit <http://www.saltlakerunningco.com/page1404.htm> for more details about these groups. You may also email them at [info@saltlakerunningco.com](mailto:info@saltlakerunningco.com).

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