

What is Miles That Matter?

Miles That Matter training programs, founded by marathoner Karen Cosgrove, are designed to provide the maximum training benefit, within a time commitment that fits your lifestyle, while drastically reducing the risk of both injury and burnout. Let's face it; all of us lead busy and hectic lives. We don't have time to put in hours and hours of training each and every week. Karen has worked with many first-time and veteran walkers, runners, cyclists and tri-athletes over the years. There is a training program that works for all fitness levels – from the beginner to the experienced. Those who participate in Karen's programs stay motivated and healthy throughout their training and achieve personal fitness goals they never thought were possible.

Who is Karen Cosgrove?

Karen has been participating in endurance athletic events, including marathons, triathlons and cycling events for more than 30 years. She qualified twice for the Olympic trials for a marathon. In addition to her own events, Karen has been training others to achieve their own goals in 5k, 10k, half and full marathons, triathlons and cycling events for more than 25 years. She has helped more than 10,000 athletes achieve their goals in addition to assisting them in raising more than \$10,000,000 for local charities. She is driven by a dedication to help others push themselves beyond what they know they are capable of accomplishing with her train smart approach.

Do I have to participate in races and events? The whole purpose of Miles That Matter is to help you create a healthy lifestyle. You can achieve that without racing, but setting goals through participation in events has been proven to increase your success. Participating in events is a great way of patting yourself on the back for seeing your fitness journey through. We will help you with whatever your goals may be—participating in races—or just to get fit!

The Miles That Matter Experience

- ▶ Comprehensive Training Program for all fitness levels and abilities.
- ▶ Health & Fitness Clinics provided throughout the training season.
- ▶ Two weekly group workouts led by group leaders.
- ▶ Discount on FUNdamentals Boot Camp when you signed up for another training program.
- ▶ Head Coach Karen Cosgrove's knowledge and experience throughout the program.
- ▶ Apparel and training incentives for all participants.
- ▶ Team brunches, tailgate parties and socials through the training season.
- ▶ You get fit and we make it FUN!

Have YOUR Miles Matter!

There are a lot of training programs out there. But joining this program is helping us continue to go out in our community and make difference. Miles That Matter is more than just a training program. Miles That Matter is a way to contribute to charitable causes you believe in. While this program believes and encourages its participants to give back to the community, **there is no minimum fundraising required to participate.**

**With Miles That Matter™, your miles *really* matter. Your miles can change lives.
Ask yourself, "Is what I'm doing now going to matter in five years?"**

IT'S TIME TO CHANGE YOUR LIFE

CARE

CONNECT

COMMIT

It's time to take care of yourself. You need to have short-term goals.

- **Lose weight** to improve your appearance
- **Get fit** to improve your health
- **Recover** from a previous sports injury
- **Relieve stress** and feel great
- **Do something for a good cause** to help others not have to go through the live-threatening illness that you experienced

It's time to connect and commit to a life changing experience.

- Create new healthy lifestyle
- Find something to be passionate about
- Gain confidence in yourself to tackle other "impossible" goals
- Gain new friends and a feeling of camaraderie that comes from teamwork

Our Summer/Fall Lineup



Lady Distance Classic
Saturday, August 1, 2009
Blue Ash, Ohio
www.ladydistanceclassic.com



WCPO Big K 5K Run benefit Big Brothers Big Sisters of Greater Cincinnati
Saturday, August 22, 2009
Northern Kentucky Convention Center
www.bigforkids.org



United States Air Force Marathon
Saturday, September 19, 2009
Dayton, Ohio
www.usafmarathon.com



Maine Marathon
Saturday, October 3, 2009
Portland, Maine
www.mainemarathon.com



Columbus Marathon
Sunday, October 18, 2009
Columbus, Ohio
www.columbusmarathon.com



FUNdamentals Boot Camp
Session I May 12 thru July 21
Session II August 3 thru October 20
www.milesthatmatter.com



Great Buckeye Challenge Triathlon/Dualthon
Sunday, August 23, 2009
Buckcreek State Park - Springfield, OH
www.hfracing.com/events/2009/great-buckeye-challenge

What is FUNdamental Bootcamp? Do you suffer from EADD (Exercise Attention Deficit Disorder)?

Looking for a fun way to do some of the strength-training you need do, with the support of a group?

It's not just about running and walking. You can't be a lazy athlete and succeed. Cross training reduces the risk of injury by developing and improving your core strength. The older you get the more important this becomes.



The Basics

Dayton

The Dayton Miles That Matter training group will meet on Wednesdays at 6:30 p.m. and Saturdays at 7:00 a.m. at the parking lot between the Dayton Marriott and the Dayton Daily News, across from the University of Dayton in Oakwood.

Dayton Boot Camp will be held on Tuesdays at 6:30 p.m. at the same location as the weekly training workouts listed above.

Cincinnati

The Cincinnati Miles That Matter training group will meet on Tuesdays at 6:30 p.m. and Saturdays at 7:00 a.m. at Fleet Feet Sports Cincinnati in Blue Ash.

Cincinnati Boot Camp will be held on Mondays at 6:30 p.m. at Pioneer Park in Montgomery, located on Deerfield Rd just north of Pfeiffer Rd.

ANOTHER FUN WAY TO GET IN YOUR CROSS TRAINING!!

**NEW THIS YEAR—FRIDAY NIGHT "HAPPY HOUR" WITH MILES THAT MATTER
IN BOTH DAYTON & CINCINNATI**

**It's not what you think! Meet on Friday nights for a great way to cross train!
Every happy hour needs an excuse. Join us for a scenic bike ride and we'll socialize after.**

Miles That Matter Conditioning Training Schedule

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN	TOPIC
1	Run, walk or run/walk for 30 minutes	X-Train Weights	Run, walk or run/walk for 30 minutes	Run, walk or run/walk for 30 minutes	Rest	Run, walk or run/walk for 30 minutes	X-Train Weights	Conditioning
2	Run, walk or run/walk for 30 minutes	X-Train Weights	Run, walk or run/walk for 30 minutes	Run, walk or run/walk for 30 minutes	Rest	Run, walk or run/walk for 30 minutes	X-Train Weights	Conditioning
3	Run, walk or run/walk for 30 minutes	X-Train Weights	Run, walk or run/walk for 30 minutes	Run, walk or run/walk for 30 minutes	Rest	Run, walk or run/walk for 30 minutes	X-Train Weights	Conditioning
4	Run, walk or run/walk for 30 minutes	X-Train Weights	Run, walk or run/walk for 30 minutes	Run, walk or run/walk for 30 minutes	Rest	Run, walk or run/walk for 30 minutes	X-Train Weights	Conditioning
5	Run, walk or run/walk for 30 minutes	X-Train Weights	Run, walk or run/walk for 30 minutes	Run, walk or run/walk for 30 minutes	Rest	Run, walk or run/walk for 30 minutes	X-Train Weights	Training Pace Assessment
6	Run, walk or run/walk for 30 minutes	X-Train Weights	Run, walk or run/walk for 30 minutes	Run, walk or run/walk for 30 minutes	Rest	Run, walk or run/walk for 30 minutes	X-Train Weights	Training Pace Assessment

The purpose of this schedule is to get you started on the right foot. Your goal for the next month or so is to get out there and get your body accustomed to working out. The schedule is done in minutes not miles. We want you to focus on quality not quantity. Always listen to your body and don't do too much too soon! We encourage you to x-train (cross train) and lift weights for a more balanced program. Swimming or cycling on the days we recommend will help prevent injury. Lifting weights or attending FUNdamental Bootcamp for upper body strength and leg balance will make your walking or running much easier.

MILES THAT MATTER



TRAIN SMART • MAKE A DIFFERENCE

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SOME OF OUR CHARITY PARTNERS



www.aspecialwish.org



www.melanomaknowmore.com

alzheimer's  association®

www.alz.org

Miles That Matter Mission Statement

The Miles That Matter mission is to enrich every life we touch. This means that we must all serve, care, and share, striving to add something positive to each life we come in contact with, expecting nothing in return.