

# twenty-six·two

A 501(c)(3) Nonprofit Corporation  
P.O. Box 161598, Austin, Texas 78716-1598

## Marathon Training Checklist

- ✓ Are you a member of Twenty-Six Two? If yes, complete the Marathon Training Application and mail it with your \$100.00 check payable to “Twenty-Six Two” to the above address.

If you are **not** a member of Twenty-Six Two, complete the Marathon Training Application **and** the Membership Application, and mail it with your \$126.20 check payable to “Twenty-Six Two” to the above address.

- ✓ Read, print and sign the Waiver and Release, and mail it along with your Application.
- ✓ Don’t forget to register for your target race! Many races sell out months in advance.
- ✓ Send an e-mail to the Coach of Twenty-Six Two, Paul Carmona ([paulruns@gmail.com](mailto:paulruns@gmail.com)), giving him a “heads-up” that you are applying for marathon training. Be sure to include the following information:
  - name, age and address
  - e-mail address
  - phone numbers, including cell phone, pager, etc.
  - an emergency contact name and number
  - a brief description of your marathon background
  - your target race and target finishing time

**Thank you for participating in Twenty-Six Two’s Marathon Training Program!**