



PEAK MARATHON 2008

We kick off the spring training season with a series of running clinics specifically designed to prepare you for the 2008 Peak Performance Maine Marathon and Half-Marathon Training Program beginning on June 1st. You do not have to be a participant in the marathon-training program to attend. All clinics are free. **Registration is requested.**

April 15th, 6:00 -7:00 P.M.—“Born to Run” – If you're not sure you have what it takes to run a marathon or a half-marathon, don't miss this inspirational talk by **Anne-Marie Davee**. Anne-Marie has completed 20 marathons including the first Women's Olympic Marathon Trials in 1984, but she didn't have an easy start. Anne-Marie will describe how her race to thrive began as she was born premature, and how she went on to fulfill the prophecy of "survival of the fittest" by entering her first marathon. Anne-Marie was inducted into the Maine Running Hall of Fame in 2000 for her running achievements, and continues to compete in road races and triathlons.

April 29th, 6:00 – 7:00 P.M.—“Wear the Shoe that Fits” – Peak Performance General Manager **Roger Knight** will cover what you need to know about shoe technology and more. Roger will discuss gait and the different shoe types that accommodate your biomechanics.

May 6th, 6:00 – 7:00 P.M.—“Thai Yoga Bodywork” – Not your typical massage, Thai Bodywork is the ancient art of healthcare in Thailand. **Terri Arden**, LMT, will present and demonstrate how this healing, hands-on treatment, can benefit runners. The receiver lies on a futon mat wearing comfortable clothes while the practitioner uses hands, fingers, feet, knees, and elbows to decompress muscles and joints. The receiver experiences muscle stretching, through a series of postures, which allows the stuck metabolic waste to escape. Energy lines called "Sen lines", similar to meridians, are worked along with the postures. Thai yoga bodywork is uniquely rejuvenating with many proven health benefits.

May 13th, 6:00 – 7:00 P.M.—“Women's Olympic Marathon Trials: A Retrospective” – By now we know the outcome of the April 20th U.S. Women's Olympic Marathon Trials; tonight we bring you the opportunity to hear the insights. Maine qualifiers for the 2008 trials, **Emily LeVan** and **Kristin Barry**, will be at Peak to share their stories leading up to and through marathon day. You'll get a sense of the demands of training for a national caliber event; the high and low points of the process; what it's like lining up with the nation's finest runners in Boston; and the recovery process. If you plan to do a marathon this year, don't miss this chance to learn from the best!

May 27th, 6:00 – 7:00 P.M.—“Training on Trails: How to train for your race without ever running in traffic!” **Nan Cumming**, executive director of Portland Trails, will describe the Portland Trails network, featuring their newest trails and those they expect to have complete in the next few years. Nan has trained for two marathons without ever running in the street. She will share with you her favorite running routes--a variety of trails complete with distances, little-known bathroom facilities, drinking fountains and more!

June 3rd, 6:00 – 7:00 P.M.—“Controlling Negative Self-Talk” - Ever hear yourself say you can't do something, or that an opponent is better than you are and you might as well quit? Professor **Bill Gayton, Ph.D.**, from the Psychology Department of the University of Southern Maine, has helped countless athletes with the same self-defeating habit. Come hear Dr. Gayton as he shares strategies for over-coming this hurdle to athletic excellence.

To register for any of these clinics, go to www.mypeakmultisport.com and look under clinics and events.