

How to train for a Marathon

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Credits

Thanks to the World Wide Web on providing the data for completing this web site. The knowledge and dedication is up to the individual whom is up to the personal and physical challenge of completing a full 26.2 mile marathon.

I would like to take the time to mention the following websites for their aid in my webquest:

<http://stepbystepfundraising.com/how-to-organize-a-5k-run-walk/>

<http://www.runningnetwork.com/eventdirectors/index.html>

http://www.ehow.com/how_135566_organize-charity-walk.html

<http://www.acga-web.org/donors/index.html>

<http://www.hutchchamber.com/>

<http://www.striverehab.com/5k/Registration.pdf>

<http://www.raceberryjam.com/attitudereg.html>

<http://www.raceberryjam.com/momsdayreg.html>

<http://www.irmi.com/IrmiCom/Expert/Articles/2002/Blake08.aspx>

http://www.fontana.org/main/parks_rec/fontana_run/race_schedule.htm

<http://press.arrivenet.com/business/article.php/658873.html>

<http://www.runwalkjog.com/kansas.htm>

<http://www.marathonguide.com/races/races.cfm>

Author Biography

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