

# ***THE ROAD TO BOSTON***

## ***- 2008-***

**Program:** A 22 - week program (12-1-07 to 4-30-08) to prepare you for a great marathon and your best Boston experience. Whether you are running for fun or wanting to accomplish a Personal Best, this is a personalized program for you. Chicagoland's only fully coached and supported training program for the Boston Marathon will focus on individual runners with a customized running and training plan so you can run your best Boston Marathon.

Your coach and program director, Mark Buciak, has completed the last 28 consecutive Boston Marathons with a PB of 2:30:25, making him the only Illinois member of Boston's elite "Quarter Century Club" (QCC). Mark is also a writer for The Chicago Athlete Magazine, a motivational speaker and known for his friendly, humor-filled pace-leading with the Nike Training Runs. No one in the State of Illinois has more Boston experience than Mark.

### **Program Highlights:**

- Personalized one-on-one sessions with Coach Buciak to define your goals and develop/maintain your Boston running plan
- Starting Saturday, December 1<sup>st</sup>, weekly group runs, Saturday runs on hills in Barrington, Morton and Waterfall Glen and other hilly locations
- Weekly Wednesday evening tempo runs beginning January 9, 2008
- **NEW THIS YEAR:** Mark's Marathon Training Camp: February 22, 23 & 24
- Boston trip planning advice & coordination in Boston and pre-race dinner
- Running and Injury prevention Seminars
- Diet & Nutrition Class
- Shoe & Equipment Seminar
- Free one year subscription to The Chicago Athlete Magazine

**Questions:** Call Mark Buciak at (773) 307-0033  
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