

BELLIN
WOMEN'S
HALF 2018
MARATHON•5K

4th Annual Kickoff Event

Welcome



Linda Maxwell Race Director

Our Mission

A race to empower women



Presenting.....



BELLIN
WOMEN'S
PINK 2018
PUMPKIN 5K

BREAST
CANCER
family
FOUNDATION

Women's Inspiration Dinner

- Included in fees for half & relay
- Only \$20 for 5K & guests
- Keynote speaker:
 - Molly Barker



Mentivator Program



Encouraging, celebrating and providing resources for “Mentivators” (mentor + motivator) who support women in our community as they train for the 2018 Bellin Women’s Half Marathon

Signs you are a Mentivator?

- If you've invited someone to a training run ... you might be a mentivator.
- If you've cheered for a stranger while running a race ... you might be a mentivator.
- If you've used the phrase "I'll see you for our 5 a.m. run," and it was your idea ... you might be a mentivator.
- If your neighbor comes to you for advice on buying a good sports bra ... you might be a mentivator.
- If you've ever used the hashtag #yougogirl ... you might be a mentivator.



Signs you are a Mentivator?

- If your fashion advice for friends pertains strictly to moisture-wicking fabrics ... you might be a mentivator.
- If your sister tells you you're crazy for getting up early to run — but there's admiration in her voice ... you might be a mentivator.
- If you've discussed chafing in the elevator at work ... you might be a mentivator.
- If you've been told you're an inspiration — even if you brushed the comment aside ... you might be a mentivator.
- If your kids want to go for runs like mom ... you might be a mentivator.



Who is a Mentivator?

And if your friend tearfully tells you your encouragement has changed her life, **YOU ARE A MENTIVATOR!**



Running Specialist

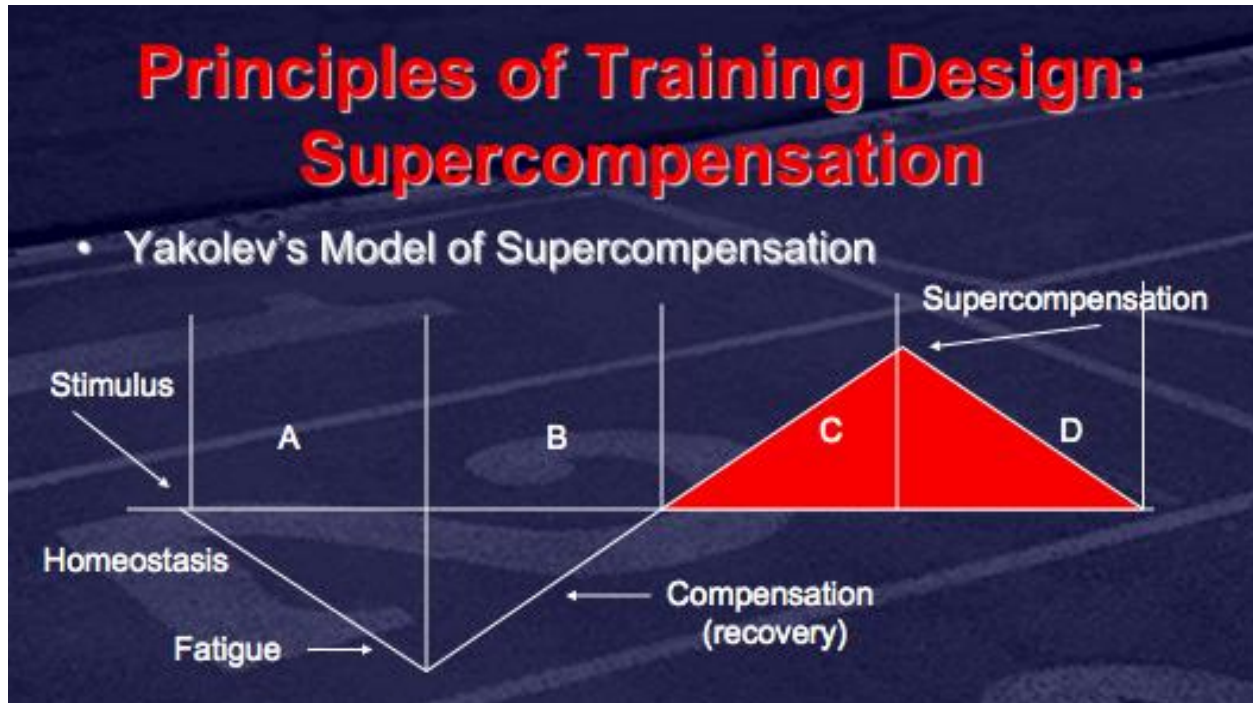
Nate Vandervest

**B.S. Human Biology/Exercise Science, Running coach,
CSCS, CES**

- Running Specialist
- Ran Division I cross country
- Continues to train for multiple events and distances from 1 mile to the marathon



Training Principle










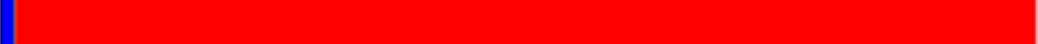


Understanding this chart will help you with all aspects of your training.

Another view



Aerobic capacity – What are you training for?

Duration of Maximal Exercise	% Anaerobic	% Aerobic	
1-3 sec	100	0	
10 sec	90	10	
30 sec	80	20	
1 min	70	30	
2 min	60	40	
4 min	35	65	
10 min	15	85	
30 min	5	95	
1 hour	2	98	
2 hours	1	99	

Understand what your main focus of training should be for the specific race for which you are training.

Keynote Speaker





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Early Years



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Early Years



College Years



College Years



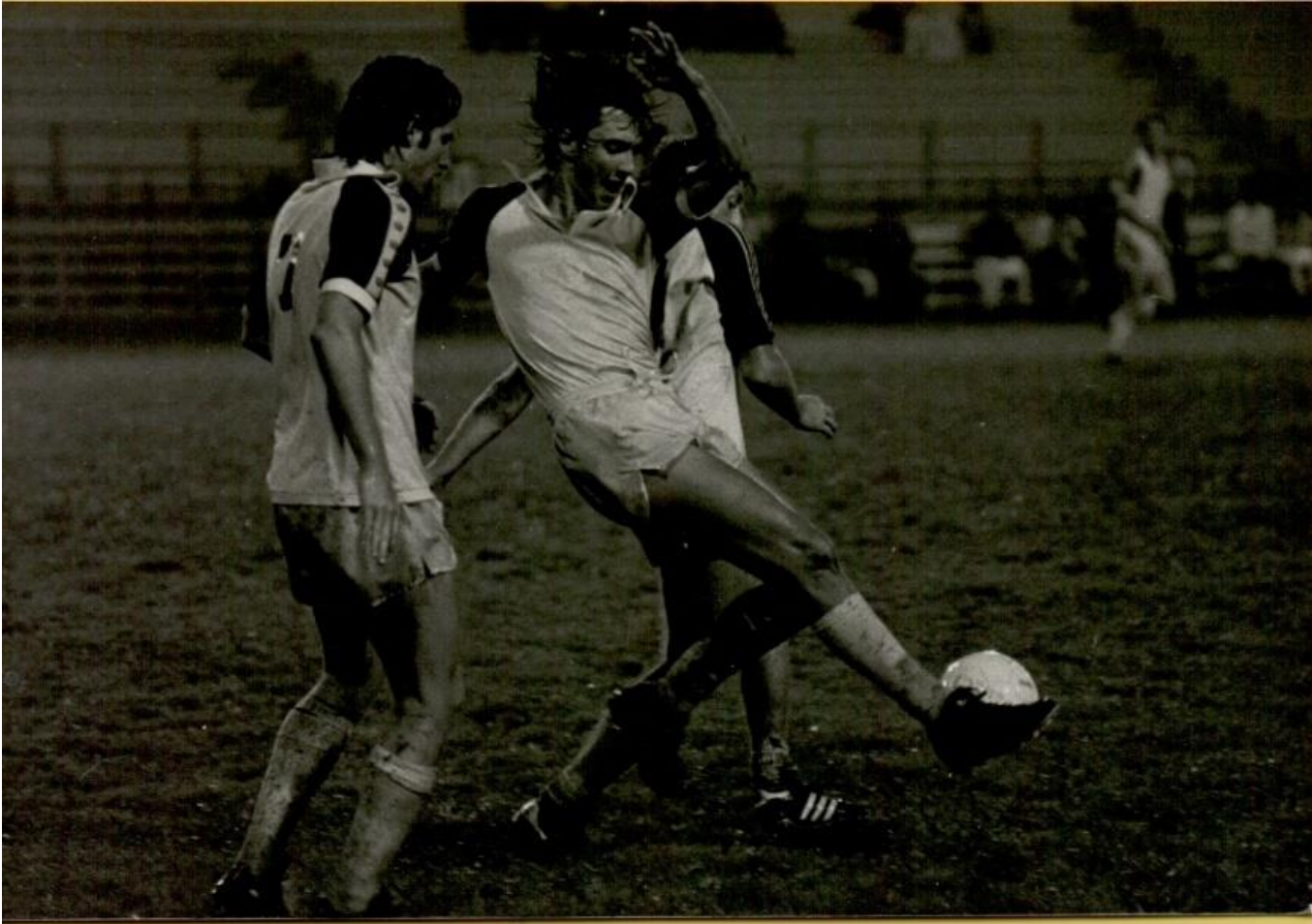
College Years



College Years



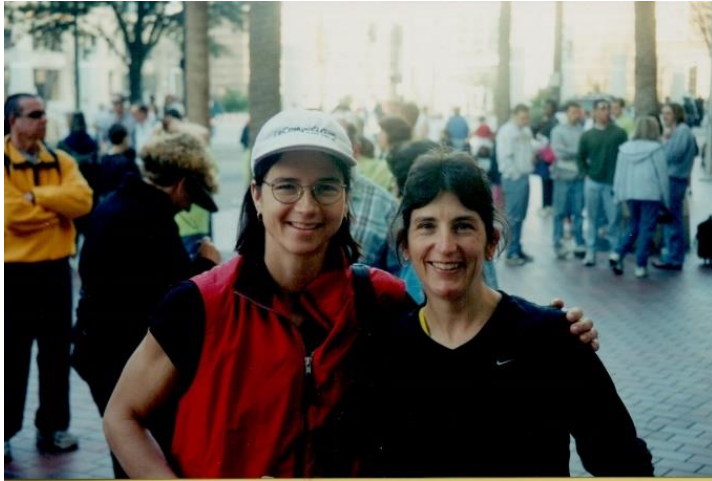
College Years



Downtime Years



Comeback Years



Comeback Years



Comeback Years



Comeback Years



Comeback Years



Comeback Years



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Comeback Years



Cruising Years



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Team Kyrol



Cruising Years



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Inaugural Women's Half Marathon



Later Years



...because “I Can”