



Maxfitness Marathon Training Program – 2011 Regional Races

DATE	EVENT NAME	LOCATION	DISTANCE	WEBSITE
6/4/2011	13.1 Marathon Chicago	Chicago, IL	1/2 marathon	http://www.131marathon.com/13_1_Chicago.htm
6/12/2011	North Shore Half and 5K	Highland Park, IL	1/2 marathon, 5K	www.northshorehalf.com
7/10/2011	Summerfest and Sole	Milwaukee, WI	1/2 marathon, 10K	http://www.rocknsolerun.com/
8/14/2011	Rock N Roll Chicago Half	Chicago, IL	1/2 marathon	http://runrocknroll.competitor.com/chicago
8/20/2011	Madison Mini Marathon	Madison, WI	1/2 marathon, 5K	http://www.madisonminimarathon.com/
8/28/2011	Peapod Half Madness	Batavia, IL	1/2 marathon	http://www.halfmadness.com/
9/5/2011	Oak Brook Half Marathon	Oak Park, IL	1/2 marathon	www.oakbrookhalfmarathon.com
9/11/2011	Chicago Half Marathon and 5K	Chicago, IL	1/2 marathon, 5K	http://chicagohalfmarathon.com
9/11/2011	Naperville Trails	Naperville, IL	1/2 marathon	http://www.allcommunityevents.com/naperville_half/nhm_home.html
10/2/2011	Milwaukee Lakefront	Milwaukee, WI	marathon	http://www.milwaukeekeelakefrontmarathon.org/lfm
10/8/2011	Prairie State	Libertyville, IL	1/2 marathon, marathon, 5K	http://www.prairiefiremarathon.com
10/9/2011	Bank of America Chicago Marathon – Registration CLOSED	Chicago, IL	marathon	http://www.chicagomarathon.com
10/15/2011	Indianapolis Marathon	Indianapolis, IN	marathon, 1/2 marathon	http://www.indianapolismarathon.com/
10/16/2011	Grand Rapids Marathon	Grand Rapids, MI	marathon	http://grandrapidsmarathon.com/
10/16/2011	Detroit Free Press Marathon	Detroit, MI	marathon	http://www.freepmarathon.com/
10/30/2011	Wisconsin Dells	Wisconsin Dells, WI	1/2 marathon, marathon	http://www.dellsmarathon.com/
11/5/2011	Indianapolis Monumental	Indianapolis, IN	marathon	http://monumentalmarathon.com/
11/26/2011	Schaumburg Turkey Trot	Schaumburg, IL	1/2 marathon, 5K	http://www.allcommunityevents.com/half_marathon_trot/shmtt_home.html

***This list is not all-inclusive; these are just some of the 2011 races in the Chicago area and nearby Midwest cities. Additional running and walking events can be found on www.active.com and www.cararuns.org.*