



"Your Road to Powerful Possibilities"



Have you set a goal to run the full or half marathon of your life?

Are you looking for inspiration to accomplish more in your life?

Are you ready to experience the magic of Australia?

The Sydney Full & Half Marathon & 10-K Bridge Run
Sunday, September 20, 2009

Run/walk in the Sydney Running Festival!

Your package includes:

- 5-month training program with 1st Marathon - expert coaching for beginners to experienced runners
- 3 life-coaching sessions to set goals and integrate marathon training into other areas of your life
- Entry into the Sydney Marathon or Half Marathon or 10K www.sydney-marathon.org
- On-course coaching support and transportation on race day
- 6 nights' accommodation in beautiful Sydney
Luxurious suites with harbor views at the Vibe North Sydney Hotel (the official race headquarters)
- Welcome, Pre-race, and Celebration Victory Dinners and full breakfast daily
- Explore Sydney and surrounding area with experienced Sydney-siders
Forget the ho-hum tourist traps - this is the real deal!
- Optional extension package: 5-day Bush Retreat held at Tapitallee, a sacred animal sanctuary. Daily workshops and fun will take your marathon accomplishment one step further to accomplish more in your life. Spiritual connection to the land and Aboriginal beliefs. Call us for more details!
- Companion Packages available (10K walk/run registration & support can be included)

Dates & Fees: Sydney: September 16 - 24, 2009; \$2350 per person, double occupancy (add \$430 for single room);
\$1750 companion (non-marathon), double occupancy

*Optional Bush Retreat: September 24-28, 2009; \$1000 per person: double occupancy
Airfare arranged separately - we will guide you to ensure the best fares and flexible itinerary (fares to Australia are at an all-time low!)*

Training: See www.1stmarathon.com for full training and coaching included in your package

Contact: Jo Fendly - (480) 381-6733 jfendly@JourneyIntoTomorrow.com Jo has run 10 marathons and has led over 250 runners on marathon trips all over the world. She is a certified life coach and adventure travel facilitator. Jo lived and worked in Sydney and would love to show you the "fair dinkum" Australia!

Brian Collins - (483) 358-0488 brian@1stMarathon.com Brian is the founder of 1st Marathon, and has trained over 7,000 people to "achieve the ultimate". With a unique mix of practical coaching and inspirational personal support, 1st Marathon coaches ensure that you receive every advantage to reach your goals.

Training starts in May!