



NEWS RELEASE

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**ENDURAFIT MARATHON TRAINING COURSE OFFERED TO AID
LOCAL PHYSICALLY CHALLENGED RESIDENTS**

Long Branch, NJ – December 7, 2006 -- Coach Steve Loder, a local marathoner and running coach, will offer his EnduraFIT Marathon Training Course beginning January 21, 2007 at the Natural Healthcare Center in Long Branch, to prepare local runners and fitness enthusiasts for the 11TH Annual NJ Marathon being run on April 29, 2007 in Long Branch. Pledges collected from local residents and businesses to sponsor training course participants will be donated to aid local physically challenged residents, many of whom are competitors themselves.

Designed for new runners and fitness enthusiasts preparing for their first marathon, personal trainer, strength coach, running author and *Runner's World* magazine fitness tips contributor Steve Loder will guide and coach training course participants through a comprehensive 14-week training program. The strength and flexibility training sessions of the course will be held on Tuesday & Thursday mornings, at 7:00 AM and 9:30 AM at the Natural Healthcare Center in Long Branch, located at 10 West End Court, just 1-1/2 blocks west of the West End beach.

Training course participants will also be given a weekly running sessions guide that will include an opportunity to join in with the weekly Wednesday evening running group sessions offered by the Shore Runner Store located in Pier Village. Most of the longer Sunday morning running sessions will take place in Long Branch and will incorporate sections of the actual NJ Marathon course. However, the training course participants will also be joining the local New Jersey Road Runners Club for several of their 20-mile group runs in March and in April.

The orientation and information meeting for the EnduraFIT Marathon Training Course will be held on Tuesday, January 16, 2007 beginning at 7:30PM at the Natural Healthcare Center in Long Branch. In addition to an overview of the course by Coach Steve Loder, the evening will feature an inspirational presentation by keynote speaker Jacqui Kapinowski, a Point Pleasant, NJ resident and marathon competitor who works diligently on a weekly basis with her husband Harry and Coach Quin Bond to manage her rare neurological disorder, Stiff-Person Syndrome, a health malady for which there is no known cause or cure.

For anyone who has ever contemplated running a marathon but just wasn't sure how to schedule training for a marathon into a busy lifestyle -- this course is for you.

Coach Steve has been active with the marathon as a competitor since 1988 and qualified for the Boston Marathon in 1998. He coached his 2002 EnduraFIT Marathon Training Team to a 1st place finish in the mixed team division at the 2002 NJ Marathon.

To RSVP for Coach Steve's Marathon Training Course Orientation and Information Meeting or to receive information about Coach Steve's soon-to-be-released Marathon Training e-Book Home Study Course, students should contact Coach Steve via his mobile phone at 201-259-7586 or via e-mail at coachsteve262@yahoo.com.

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