

Running Store Programs

The following Detroit area running stores are conducting Official Detroit Free Press/Flagstar Bank marathon training programs for all levels of fitness:

Bauman's Running Center

Marathon classes available at the store on Tuesdays and weekends. Group run info for the River Bend Striders can also be obtained at the store.

Location: 1453 W. Hill Rd Flint, MI

PHONE: 810-238-5981

Endurance Sports

Endurance Sports provides high quality athletic clothing and accessories, as well as training opportunities through their own running club. Although primarily catering to new marathoners, all levels of runners can be accommodated.

Location: Muskegon

PHONE: 231-744-9138

E-MAIL: endurancesports@verizon.net

Group run info available at the store.

Hanson's Running Shops

The nationally recognized marathon training program designed by Keith and Kevin Hanson, and featured in the March, 2005 issue of Running Times magazine is available at all four Hanson's stores. Learn to marathon from the coaches that train some of the top distance runners in the US. Locations:

Auburn Hills, Grosse Pointe, Royal Oak, & Utica

PHONE: 248-616-9665

E-Mail: Humphrey.luke@yahoo.com

[Click here for Personal Coaching Services](#)

Playmakers Team

Playmakers offers training programs for walkers and runners of all distances and abilities. Check the Team Playmakers website for more info on the program that's best for you.

Location: Okemos

PHONE: 517-349-3803

E-MAIL: anncrane98@aol.com

Group run info available on the [website](#).

Running Factory

18-week marathon or half-marathon training programs available. Running Factory programs are about making the journey to the finish line safe, rewarding, and fun.

Locations: Windsor, Ontario

PHONE: 519-945-3786

E-MAIL: info@runningfactory.com

[Click here for group run info](#)

Runners Choice

This is a training program designed for runners interested in running a half-marathon, completing their first marathon, or improving their existing marathon times. 5K & 10K training groups also available.

Locations: London, Kingston and Waterloo, Ontario

PHONE: 519-672-5928

E-MAIL: info@runnerschoice.on.ca

Group run info available on the training program [webpage](#).

Running Fit 501

Training classes for marathon and half-marathon distances. First-timers can learn the mistakes to avoid, and veteran marathoners can learn where to improve on previous efforts. Running Fit provides all the motivation and information you need to take on the marathon and half-marathon. Classes available at these stores:

Locations: Ann Arbor, Northville, Traverse City, and West Bloomfield

PHONE: 734-769-5016

E-MAIL: runningfit501@runningfit.com

Runnin' Gear

Training classes meet at the Brighton store weekly for distances from 5K to marathon. Classes cater to first-timers, but individual schedules for all levels of runners are available.

PHONE: 810-844-0180

E-MAIL: runninggearbrighton@yahoo.com

Group training run info available at the Runnin' Gear store in Brighton.

Total Runner

Courses will be aimed at first and second-time marathoners, but will also be of interest to those who have run a few marathons with less than optimal results.

Locations: Southfield and Southgate

PHONE: 248-354-1177 Southfield

PHONE: 734-282-1101 Southgate

E-MAIL: djhowell@earthlink.net

Group run info available on the [marathon classes](#) web page.

Life Time Fitness

Maximize the journey of your marathon experience by training with the best! Life Time Fitness, the health and fitness company providing the official marathon training program for the Detroit Free Press Marathon, has designed a training program that is educational, entertaining, and challenging, while motivating beginning and veteran marathoners alike. Official training begins TBD, with pre-season team runs beginning TBD. For more information, contact runningclub@lifetimefitness.com or 1-877-583-7866. For more information on training click [here](#) .