



Train for Grandma's Online at Lake Superior College

Take the course for Credit or as Continuing Education

Instructor Katie Koski is an elite runner who regularly places in local and national road races. She qualified for and competed in two US Women's Olympic Trials Marathons and many National Championship races. Her running accomplishments include three top ten finishes at Grandma's Marathon, and she was the fifth place female finisher in the Gary Bjorklund Half Marathon in 2008.



PE 1650-55: 2 credits (Course Id: 000612)

Running a Marathon: An online training course that covers the nutritional and conditioning information related to distance running and required participation in a marathon or half marathon.

- Tuition and fees: \$440.60 Register through [e-Services](#)

WDCE 1820-01: Non-credit course (Course ID: 001138)

Marathon Training: Same training advice and instruction as the 2-credit PE course, but without the college credits.

- Tuition and fees: \$150
- 8.4 CEUs Registration information coming soon!

Courses begin on March 12 and end on June 23, 2012. Registration deadline is March 11. Information about the courses, as well as login instructions, will be mailed/emailed in early March.

Registration in either course at LSC provides a guaranteed entry to the June 2012 Grandma's Marathon or Garry Bjorklund Half Marathon in Duluth, MN.

For more information, contact Christine Torma at 218-733-2030, 1-800-432-2884 ext. 2030, or c.torma@lsc.edu

