

Women's Running 101

Make Running an Enjoyable Part of Your Fitness Regimen and Healthy Lifestyle

Participants Will Receive a ***Moving Comfort*** Dri-Layer Workout Top

**A 12-Week Running Fitness Program
Starting, June 13, 2005 - Sessions at 5:00 PM on
Mondays and 6:30 PM on Wednesdays**



We make running fun!

Womensrunning101@yahoo.com

**JERSEY
SHORE**
RUNNING CLUB
www.jsrc.org



**JSRC – Running 101
167 Main Street #1A
Metuchen, NJ 08840**

***Train for a 5K run - the Saturday in the Park
Women's 5K Run on September 3, 2005***

Benefits of this program include:

- Learn to Run Properly
- Improved Fitness
- Weight Loss
- Muscle Toning
- Training for a 5K Run
- Meet New Friends

What You Will Receive:

- 12 weekly exercise sessions. This will include warm-up and stretching, 30 minutes of cardio exercise (combination of running and walking,) cool-down and stretching. *The running portion will be gradually increased so that the student will be able to comfortably run for 30 minutes continuously.*
- Weekly topics of interest (guest speakers or coaching tips) including: form and breathing, stretching, selecting running shoes, clothing and gear and nutrition and fluids.
- Weekly training schedules
- Weekly e-mail updates and motivation
- Healthy snacks served after each weekly workout
- A stylish, women's cut running shirt of DriLayer® performance material from Moving Comfort! (\$25 value)
- A full year's membership in the Jersey Shore Running Club (\$15 value)
- Training for a 5K run - the Saturday in the Park Women's 5K Run/Walk on September

Jersey Shore Running Club Women's Running 101 Program

A 12-Week Running Fitness Program Beginning June 13, 2005

The primary objective of our program is to encourage more women to participate in running to improve their general physical and mental well-being. This is a program for women with little or no previous exposure to running who wish to embark on a practical and sustainable running program. Running 101 is also beneficial to those looking to return to running after an extended layoff.

The Women's Running 101 Program is conducted by veteran coaches who are experienced in training beginner and novice runners.

The Women's Running 101 Program Directors are:
• **John MacGillivray** has been training and coaching beginner and novice runners since 1993. He is a certified coach through USATF (USA Track and Field) and ASEP (American Sport Education Program - the coaching program required for all scholastic coaches in 45 of the 50 states.) Coach John is the 2004 recipient of the Fred Lebow Award For Promoting Women's Developmental Running presented by the Road Runner's Club of America and the New York Road Runners Club.

• **Elaine Hartung** has been training and coaching beginner and novice runners since 1999. She is a certified coach through USATF and ASEP. Coach Elaine is also a Certified Personal Trainer.

The 12-week program meets once each week at scenic Holmdel Park in Holmdel, NJ. You may register for either the Monday session at 5 PM (starting 6/13) or the Wednesday session at 6:30PM (starting 6/15).

To get on our mailing list, or if you have any questions, please contact the directors via email: **Womensrunning101@yahoo.com** or telephone at 732-603-9390. For online registration, visit www.geocities.com/Jmacrunning

Motivational and informational preparatory email will be sent to all registrants in early May.

Register early. **Class size is strictly limited.**

Proceeds from the Running 101 Program will go to Saturday in the Park 5K race to help fund women's charities in Monmouth and Ocean counties.

YES! Please register me for the Women's Running 101 Program and a (1) YEAR Membership in the Jersey Shore Running Club!

My goal(s) in this program is/are:

- Learning to Run Properly Muscle Toning
 Improved Fitness Training for a 5K Run
 Weight Loss Other _____

Name _____

Street Address _____

City _____ State _____ Zip _____

Desired Session (must circle one): Mondays @ 5:00 PM Wednesdays @ 6:30PM

Date of Birth _____ Occupation _____
mm/dd/yy

Phone _____ E-Mail * _____
*Essential to receive weekly e-mail updates

How did you learn about this program? _____

Women's Cut Shirt Size: Small Medium Large X-Large

**Program Fee: \$105, until the program has reached its capacity.
Registration will close on June 8. No on-site registration at all.**

Make checks payable to and mail to:
JSRC - Running 101
167 Main Street #1A
Metuchen, NJ 08840



I know that running or walking can be a potentially hazardous activity. I confirm that I am medically able to participate in a running/walking program. I agree to abide by any decision of the directors relative to my ability to safely participate in this program. I assume all risks associated with running/walking, but not limited to falls, contact with other participants, the affects of the weather, including high heat and/or humidity, the condition of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing the facts, and in consideration of your acceptance of my application for this program, I for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Jersey Shore Running Club and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this program. I fully understand that there are no refunds for this program.

Signature _____ Date _____
All participants must be at least 18 years old.