

Half Marathon Training



Starts - Saturday, January 2, 2010

16 Weeks – Leading up to the Asbury Park Half Marathon on April 17, 2010 Start the New Year With a Resolution to Run a Half Marathon in 2010.

What You Get

Entry to the Asbury Park Half Marathon. Sold Out Last Year

Each participant will receive a personalized training program tailored to their ability leading up to the Half Marathon.

Eight or More group runs in the Asbury Park – Sea Girt Area on Saturday Mornings at 8:45 AM (other days as required due to factors such as weather, schedule conflicts, etc). Registrants will be notified of location.

Personalized coaching and training tips to help achieve your goals.



Long Sleeve Shirt and Hat

RRCA Certified Coaches



16 Week Program is only \$120 - Includes Race Entry

Sign Up By December 19th or Until Program is full.

www.RunCollege.com..

More Info and to Reserve Your Spot email JSRC@hotmail.com or Call 732-681-9464