

# Half Marathon Training



**Starts - Saturday, January 7, 2012**

14 Weeks – Leading up to the Asbury Park Half Marathon on April 21, 2012 Start the New Year With a Resolution to Run a Half Marathon in 2012.

## What You Get

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

Weekly group runs in the Asbury Park – Sea Girt Area on Saturday Mornings at 8:30 or 9:00 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



**14 Week Program is only \$80.00**

**Sign Up By December 19<sup>th</sup> or Until Program is full.**

Sign Up On Line at  
**[www.RunAPalooza.org](http://www.RunAPalooza.org) or**  
**[www.RunCollege.com](http://www.RunCollege.com)**

**More Info and to Reserve Your Spot email**  
**[JSRC@hotmail.com](mailto:JSRC@hotmail.com) or Call 732-681-9464**