

# Intermediate Run Class

## Going the Distance



Starts



**Tuesday, November 8**

6 Weeks – Every Tuesday meet at 6 PM at a location in the Belmar, Spring Lake or Wall Area. Participants will be notified of class locations. Class Size Limited – Sign Up by Now To Insure Your Spot.

### What You Get

With this course we will work on increasing distance for those runners who can already run 3 miles.

Goal will be to increase distance to run comfortably to 5 - 7 miles.

Perfect course to get ready for training for a Spring Half Marathon or just to run 5 Miles or participate in 5 Mile Races such as the Spring Lake 5.

Training log to record your progress..

Personalized coaching and encouragement to help achieve your goals.

Weekly group training runs to measure your progress.

RRCA Certified Coaches



**6 Week Course is only \$60**

**Bring a Friend, Spouse, Sibling and get second spot for \$40.**

**[www.RunCollege.com](http://www.RunCollege.com)..**

**Reserve Your Spot by emailing**  
**[JSRC@hotmail.com](mailto:JSRC@hotmail.com) or Call 732-681-9464**