

# Attention Beginner Runners

## “Run a 5K” Training Program



Starts



**Tuesday – March 20, 2012**

**Get Ready for Summer – Run A 5K**

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

### What You Get

Course covers Basics of Running, Stretching, What to Wear, Shoes, Form, Hydration, What to Eat, Training Tips and More

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.**

**Sign Up at**

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

**Info: [JSRC@hotmail.com](mailto:JSRC@hotmail.com)**

