

# *Running 101*

## **Holmdel-Middletown Area**

**A 10-Week Beginners' Fitness Running Program**

**Monday Evenings at 6:00 PM - Starting Sept 14  
Wednesday Mornings at 9:45 AM - Starting Sept 16**

### ***Ideal Program for Beginners***

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



**We make running fun!**

**Run101NJ@AOL.com**

**www.JMacRunning.com**

**Running 101  
P O Box 83  
Holmdel, NJ 07733**

- *Learn how running can be fun when done properly!*
- *Improve your fitness and health*
- *Train for a 5K run*

*Benefits of this program include:*

- Learn to Run Properly
- Improved Fitness
- Weight Loss
- Muscle Toning
- Training for a 5K Run
- Discounts on Running Shoes and Apparel
- Meet New Friends

*What You Will Receive:*

- 10 weekly exercise sessions each includes our warm-up routine, 30 minutes of cardio exercise (to achieve the build-up of running,) and cool-down period. *Our unique coaching strategy allows the student to methodically build stamina to be able to run comfortably for 30 minutes by Week 10.*
- Weekly topics of interest (from speakers and coaches) such as: efficient running technique, better breathing, stretching/flexibility, selecting running shoes, clothing and gear and nutrition/hydration
- Weekly training schedules
- Weekly e-mail updates and motivational messages
- Healthy snacks served after each weekly workout
- Training for a 5K Run
- Seeing how much fun running can be when done properly and in an appropriate environment for the beginner

*Running 101 Fitness Program*

Make running an enjoyable part of your fitness regimen and healthy lifestyle!

**A 10-Week Fitness Running Program  
Beginning September 14 & 16, 2015**

The primary objective of our program is to encourage more adults to participate in running to improve their overall physical and mental well-being. This program is ideal for adults 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 a layoff.

**Over 1600 students have participated** in our Running 101 program since 2002, making it one of the largest and most successful beginner running programs in the nation.

The 10 week program meets each week on either Mon 6:00 PM or Wed 9:45 AM (starting 9/14 or 9/16) at a convenient location in the Holmdel area.

The Running 101 Program is conducted by veteran coaches who are experienced in training beginner and novice runners:

• **John MacGillivray** has been training and coaching beginner and novice runners since 1993. He is a certified coach through USATF (USA Track and Field - the national governing body for 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. Coach John is also a **Certified Personal Trainer (AAAI)**.

• **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 (AAAI)** and a **Certified Yoga Instructor**.

If you have any questions, please contact the coaches via email: [Run101NJ@AOL.com](mailto:Run101NJ@AOL.com). For online registration or more information on this program or our advanced level training programs, please visit [www.JMacRunning.com](http://www.JMacRunning.com).

Please register early. **Class size is limited.**

**YES!** Please register me for the Running 101 Program for Fall 2015 in the Holmdel-Middletown Area.

My goal(s) is/are (please check all that apply):

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

Name \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Date of Birth \_\_\_\_\_ Occupation \_\_\_\_\_ Male  Female

Phone \_\_\_\_\_ E-Mail\* \_\_\_\_\_

\*Essential to receive weekly e-mail updates

How did you learn about this program? \_\_\_\_\_

**Workout Time** (please circle one): Wednesdays @ 9:45 AM **OR** Mondays @ 6:00 PM

**Program Cost: Early registration: \$99 (through 9/4/15)  
Registration after 9/4/15: \$109, until capacity is reached**

Make checks payable and mail to:

**JMac Running**  
P O Box 83,  
Holmdel, NJ 07733

**Please Read and Acknowledge:**

I know that running can be a potentially hazardous activity. I confirm that I am physically fit, able and qualified to participate in this program. I agree to abide by any decision of the program directors relative to my participation in this program. I assume all risks associated with running and walking, but not limited to falls, contact with other participants, the effects of the weather, including heat and/or humidity, the condition of the road/path 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 JMac Running LLC, its employees, agents and 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. I attest that I am at least 18 years of age.

Signature \_\_\_\_\_

Date \_\_\_\_\_

**All participants must be at least age 18.**

Holm101- 09/15