

Running 101

Belmar / Wall Twp Area

A 10-Week Beginners' Fitness Running Program

Starting Sunday, September 13, 2015

Workout Time: 10 AM

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

Ideal Program for Beginners



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. This will include warm-up and stretching, 30 minutes of cardio exercise (combination of running and walking,) and cool-down. *Those students who follow our unique training program should be able to comfortably run for 30 minutes by the end of this program.*
- Weekly topics of interest (guest speakers or coaching tips) including: form and breathing, stretching, selecting running shoes, clothing and gear and nutrition and fluids.
- 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 Program

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

**An 10-Week Running Fitness Program
Beginning Sunday, September 13, 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 an extended layoff.

Over **1600 students** have participated in our Running 101 program since 2002.

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 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 and Certified Yoga Instructor (AAAI).

The 10 week program meets on Sunday mornings (starting September 13) at a convenient location in the Belmar-Wall area.

If you have any questions, please contact the coaches via email: **Run101NJ@AOL.com**. For online registration or information on our other group and individual programs, please visit **www.JMacRunning.com**

Motivational and informational preparatory e-mail will be sent to all registrants in early September.

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

YES! Please register me for the Running 101 Program for Fall 2015 in the Belmar / Wall Twp 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? _____

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 Sign: 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.

Belm101 09/15