



Fast Track to Regain Running Fitness

6 Week Training Program - Summer 2013

Long Branch, Freehold, Belmar and Holmdel Areas

Program Description: This is a 6 week training program for adult runners who have been running sporadically but without any true consistency over the past few months or longer. This program will help you regain consistency and your fitness level with appropriate training and motivation. The coaches will help you improve your running with workouts that focus on proper running form and breathing efficiency and increasing your running time. Lifelong runners achieve the benefits of effective weight management, improved cardio-vascular health and higher energy levels. Enjoy training in the spirited camaraderie of runners who have similar ability and experience. The program will be led by **experienced running coaches**, John MacGillivray and Elaine Hartung, both **certified as coaches** by USA Track & Field and American Sport Education Program and certified as **Personal Fitness Trainers** by AAAI-ISMA.

Program Pre-requisite: Individuals should be able to maintain at least 8 to 10 minutes of easy paced running/jogging. This program is **not** for a true beginner or someone who has **not** been running at all for the past six months. Anyone in those categories is a candidate for our 10 week Running 101 program.

When and Where we meet: This program will be held at the following locations and times: **Holmdel** area - Mondays 6:00 PM (starting 7/22/13); **Long Branch** area - Tuesdays 6:30 PM (starting 7/23/13); **Freehold** area - Wednesdays 6:30 PM (starting 7/24/13); **Belmar** area - Sundays 8:30 AM (starting 7/21/13);

What You Receive: Program includes 6 weekly instructional sessions/workouts, weekly training guidelines, educational booklet of running information and weekly e-mail updates with tips to improve your running. Healthy snacks will be served after each training session. **Class size is strictly limited.**

Fee: Alumni of our previous Running 101 training programs \$59; New Students: \$69;

Questions / Information: e-mail to JMacRunning@Yahoo.com / For information on our other runner training programs (group or individual training,) please visit: www.JMacRunning.com

FastTrk-7/13

Registration Form for Fast Track Program / Summer 2013 Season – Please Print Clearly

Age: Gender: Female __ Male __
 Last Name First Name

Street City State Zip Code Home Phone

----- Location (please circle just one): Long Branch Area
 Email (necessary for weekly updates) Freehold Area Belmar Area Holmdel Area

Please Read and Sign: I know that running can be a potentially hazardous activity. I confirm that I am physically fit and qualified to participate in this program. I agree to abide by any decision relative to my participation in this program. I assume all risks associated with running/walking, but not limited to falls, contact with other participants, the effects of the weather, including high 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 staff, 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 old.

Signature (Participants must be at least age 18) Date FastTrk-7/13

Make Checks payable and Mail to: JMac Running LLC, P O Box 83, Holmdel, NJ 07733