



# Running 103/201/301 Training Programs

**Early Autumn (Sept/Oct) 2015 – Offered in these areas:**

**Belmar, Holmdel, Freehold and Long Branch Areas**

**Program Description:** A 7 week training program for adult runners who are training regularly and are seeking a variety of workouts and professional coaching advice to continue their running progress. Our runners will learn practical training philosophy, gain further development of running skills and learn how to prevent running injuries. We will help you establish your running goals. Lifelong runners achieve the benefits of effective weight management, improved cardio-vascular health, higher energy levels and reduced risk of many diseases. The coaches will help you improve your running with workouts that focus on proper running form and breathing efficiency, increasing running time, increasing running speed and hill running. 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 AAI-ISMA.

**Program Pre-requisite:** Individuals should be training regularly (running 2-3 times per week) and able to do a workout of at least 30 minutes for Running 103 level; at least 40 minutes for Running 201/301 levels

**When and Where:** Please make your selection on the registration form below.

**What You Receive:** Program includes 7 weekly instructional sessions/workouts, training guidelines and advice, 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:** \$85, if registered by 8/23/15; \$95, if registered after 8/23/15 or until that program is filled. Runners who are new to our training programs – please e-mail us before sending your registration.

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

R103/201/301-9/15

## Registration Form for Running 103-201-301 / Early Autumn 2015 Season – Please Print Clearly

Last Name \_\_\_\_\_ First \_\_\_\_\_ Select Program Level:  R103  R201  R301

Street \_\_\_\_\_ Town \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_ Phone \_\_\_\_\_

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Email (necessary for weekly updates) \_\_\_\_\_

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Birthday (mm/dd/yy) \_\_\_\_\_

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weekly running mileage \_\_\_\_\_

Circle the location/time you will attend: Belmar/Wall Twp - Sundays 8:30 AM starting 9/13; Long Branch Tuesdays - 6:30 PM starting 9/15; Freehold Wednesdays - 6:00 PM starting 9/16; Holmdel/Middletown - Tuesdays 9:45 AM starting 9/15; or Mondays 4:15 PM starting 9/14; or Mondays 6:00 PM starting 9/14;

**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.

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Signature (Participants must be at least age 18) \_\_\_\_\_

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Date \_\_\_\_\_

R103201/301-9/15

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