

# Rundamentals

Ladies – Interested in joining a group-training program to prepare you to complete a 5K? --- try *Rundamentals*\*

WHEN	Wednesdays @ 6 pm, starting June 23, 2010
WHERE	Red Bank area
RACE	Saturday in the Park Women's 5K, September 4, 2010
FEE	\$75 (includes JSRC 1-year membership & race entry)
SIGN-UP	<a href="mailto:Rundamentals@verizon.net">Rundamentals@verizon.net</a> (application & course information will be sent)

## TRAINING PROGRAM BENEFITS

- Learn to run
- Fun and camaraderie
- Individual assessment, shoe evaluation, gait and form analysis
- Weekly training sessions with refreshments
- Running workout program
- Training for a great 5K (Race entry included in Rundamentals<sup>©</sup> fee)
- Jersey Shore Running Club (JSRC) membership (1-year including e-mail newsletter subscription)
- Discount at McLoone's Running Store at the Grove, Shrewsbury, NJ

Rundamentals<sup>©</sup> is geared toward first time runners and those who would like to return to running after a break. The program is part of the JSRC's Saturday in the Park Women's 5K. The main objective is to encourage women to enjoy the benefits of running. JSRC runner, Liz Ireland, coordinates the program. Liz is a veteran runner of 36 years and an ASEP (American Sport Education Program) certified running coach through Road Runners Club of America (RRCA). Liz has organized marathon training for JSRC members for 11 years. Other experienced JSRC club member volunteers will provide assistance.



\* All participants must be at least 18 years old.