

Rundamentals[®]

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

WHEN	Wednesdays @ 6 pm, starting June 22, 2011
WHERE	Red Bank area
RACE	Saturday in the Park Women's 5K, September 3, 2011
FEE	\$75 (includes JSRC 1-year membership & race entry)
SIGN-UP	Rundamentals@verizon.net (application & course information will be sent) or Register online at www.jsrc.org

TRAINING PROGRAM BENEFITS

- Learn to run
- Fun and camaraderie
- Individual assessment, shoe evaluation, gait and form analysis
- Weekly training sessions with refreshments and running workout program
- Training for a great 5K (Race entry included in Rundamentals[®] 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[®] 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 37 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.