

# BEGINNING RUNNERS TRAINING PROGRAM – WINTER 2018

**PRESENTED BY**  
**SALISBURY ROWAN RUNNERS**  
*IN CONJUNCTION WITH:*  
**NOVANT HEALTH ROWAN MEDICAL CENTER &  
SALISBURY PARKS AND RECREATION**



*Thinking about taking up running but don't know how to get started? Running is actually easy when you know how. Come learn from seasoned runners and go from 0 to 5K in just seven weeks.*

**Purpose:** To provide training and coaching for new runners.

**WHERE:** *First United Methodist Church  
217 S. Church St. Salisbury NC 28144*

**WHEN:** *Mondays, 5:45 p.m.  
January 8 – February 19, 2018*

**HOW:** *30 minutes of classroom instruction  
followed by 30 minutes on the streets  
around Downtown Salisbury*

**COST:** *\$65 (includes one-year membership  
in Salisbury Rowan Runners Club, dry-fit  
training shirt and entry fee in the Will Run  
for Food 5k)*

**Class Room Agenda:**

*Week 1 - Overview and Goals*

*Week 2 - Running Shoes*

*Week 3 - Stretching & Strengthening*

*Week 4 - Running Form*

*Week 5 - Injury Prevention*

*Week 6 - Nutrition*

*Week 7 - Race Day and Beyond  
(run 5k Course)*



**CONTACT:**  
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[WWW.SALISBURYROWANRUNNERS.ORG](http://WWW.SALISBURYROWANRUNNERS.ORG)  
[WWW.SALISBURYNC.GOV/PKREC](http://WWW.SALISBURYNC.GOV/PKREC)  
[WWW.ULEARN2RUN.COM](http://WWW.ULEARN2RUN.COM)  
[WWW.ROWAN.ORG](http://WWW.ROWAN.ORG)

“Before taking your class last spring I never imagined I would be logging an average of 12 miles per week and getting started before the sun is even up. That first ½ mile on the first night of class was tough! I am not the fastest nor am I running the farthest of those in the group but every time I run I feel a sense of accomplishment and that is what is most important to me. Thanks for the encouragement!”

**Shannon McCoy**  
(Spring Class 2013)