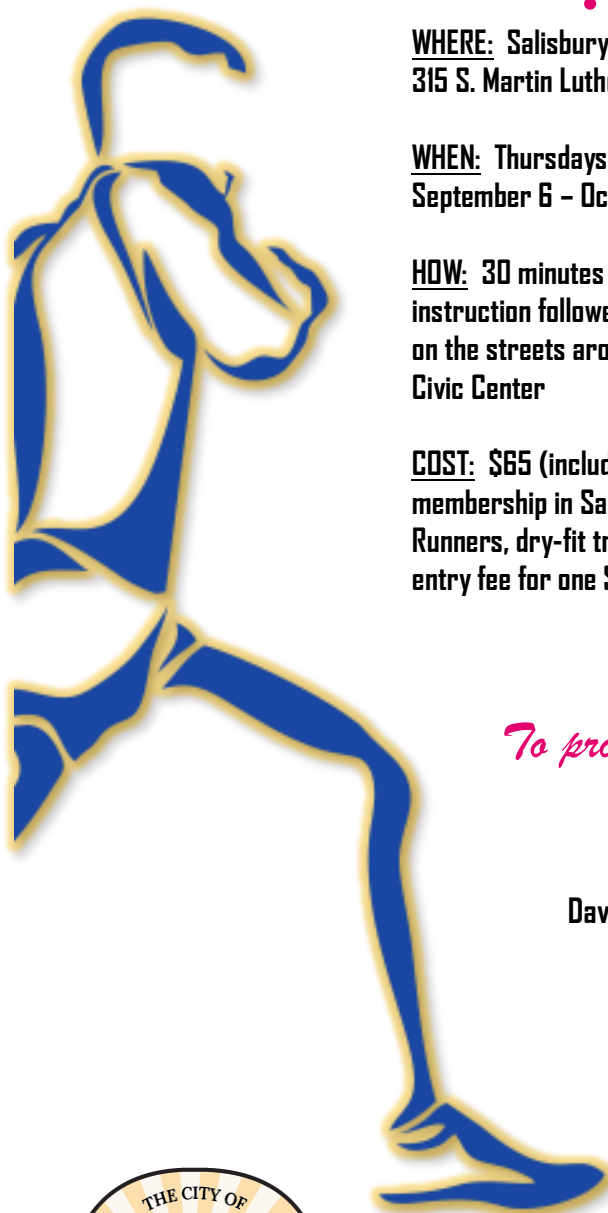


Beginning Runners Training Program - Fall 2018

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 eight weeks.



WHERE: Salisbury Civic Center:
315 S. Martin Luther King Jr. Ave.

WHEN: Thursdays, 6:00 p.m.
September 6 - October 25, 2018

HOW: 30 minutes of classroom
instruction followed by 30 minutes
on the streets around Salisbury
Civic Center

COST: \$65 (includes one-year
membership in Salisbury Rowan
Runners, dry-fit training shirt and
entry fee for one SRR 5K race.)

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 - Safety

Week 8 - Race Day and Beyond & run 5k Course

TESTIMONIAL: "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)

Purpose:

To provide training and coaching for new runners.

Contact:

David Freeze - 704-310-6741 or Steve Clark - 704-638-5286

www.salisburyrowanrunners.org

www.salisburync.gov/pkrec

www.Ulearn2run.com

www.rowan.org

