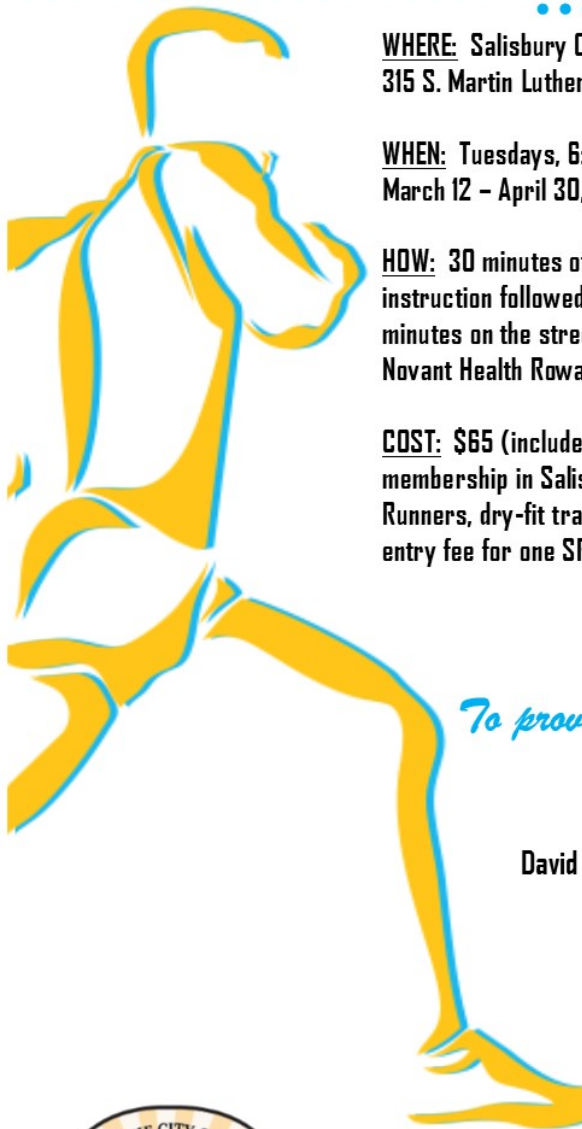


# Beginning Runners Training Program - Spring 2019

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:** Tuesdays, 6:00 p.m.  
March 12 - April 30, 2019

**HOW:** 30 minutes of classroom  
instruction followed by 30-45  
minutes on the streets around  
Novant Health Rowan Medical

**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-** Taking the BRC literally changed my life! I never ran, hardly exercised, and was not very motivated to be healthy. This class was exactly what I needed. The group runs were challenging enough to keep me interested while still being encouraging enough to keep me motivated. The most enjoyable part was the way all the runners, whether experienced or beginners, inspired each other to be their personal best! I am truly thankful for the BRC class for kick starting my newest and most favorite hobby, and for setting me on a path towards a healthier and more fit me." Brooke Taylor (Fall Class 2016)

## *Purpose:*

*To provide training and coaching for new runners.*

## CONTACT:

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

[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)

