

*"There is no ONE
giant step that does it..."*



it is a lot of little steps..."

5K Program

JOIN US IN BECOMING **ONE OF OUR BEST Rookie to Road Runners**

- **10 WEEK PROGRAM**—starting on Sunday 4.17.2016—10:00 AM
 - Starting with a short run (.5 to 1 mile)—you run/walk at your comfort level
 - This is to help the Club members assess your running level and style for Mentor assignment
 - Meeting to follow running exercise for additional information & registration
 - A seasoned runner (Mentor) will be assigned to each Rookie for support and guidance during the program
- **2 WEEKDAY TRAINING OPPORTUNITIES**—Tuesday & Thursday's—6:30 PM
 - 2 or more seasoned runners will be available for different paces and run styles
- **GOAL:** Participate in the [Union Beach 5K*](#)—Saturday 6.25.2016
 - This is a separate registration to be discussed on 4.17.2016

REQUIREMENTS:

- **Club Membership** - \$25.00
 - This is required by our insurance company
- **Sneakers**—running
 - Road Runner Sports in Shrewsbury (as well as other stores) may offer a 10% discount to running club members
 - Your Mentor will be happy to go with you to select a pair if needed

*5K = 3.1 Miles



Join us and your fellow Rookies on Sunday, April 17th at:

Leonardo First Aid & Rescue Squad
36 Viola Ave, Leonardo NJ 07737
(Across the highway from Academy Bus Company)