

Would you like to... Run more efficiently? Increase your running performance? Reduce your risk of injury?

Join us for the

runsmart

training program



Only
\$35
for the entire
program!

Join us for a special training program for runners of all ages and abilities, conducted under the auspices of the Nassau County Department of Parks, Recreation & Museums and the Greater Long Island Running Club.



NASSAU COUNTY EXECUTIVE
ED MANGANO



Only \$35 for the Entire Program!

Directed by GLIRC's Debbie Blair and Bob Cook of the Runner's Edge, with Dr. Jon DeGorter of Jonas Chiropractic serving as the Director of Injury Prevention and Race Recovery.

Training sessions will be held weekend mornings from January through April at various Nassau County Parks.

KICKOFF CLINIC - 7:00pm Monday, January 9, 2017
Plainview-Old Bethpage Public, 999 Old Country Road, Plainview

FIRST SESSION - 8:30am Saturday, January 28, 2017 at Eisenhower Park

- ▶ Group Training Runs
- ▶ Indoor facilities before running outdoors
- ▶ Learn proper stretching, warm up drills, how to increase mileage and endurance and much more!
- ▶ Discussion topics from nutrition and injury prevention to foam rollers and running gear
- ▶ Training guides and handouts
- ▶ All participants get a SURPRISE top quality merchandise giveaway!

All Participants receive a **FREE**

Running Stability Scan

- A personal digital image of your postural balance and symmetry levels.
- Map and detect any postural deviations that cause strain and can lead to injury.
- With proper muscular symmetry and structural balance you will have increased biomechanical efficiency and better performance.

Mail form and \$35 fee to: GLIRC - Attn: DEBBIE BLAIR
101 Dupont Street, Suite 24, Plainview, NY 11803

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

In consideration of your accepting me into the RunSmart Program, I, the undersigned, for myself, my heirs, executors and administrators, hereby waive, release and hold harmless the County of Nassau, the Greater Long Island Running Club, and all their agents, representatives and employees, from any and all liability, claims and causes of action of any kind arising out of my participation in the RunSmart Program. Further, I hereby grant the foregoing organizations to use photographs and any other visual or audio recordings of the Program and my participation in it for any purpose whatsoever.

Signature: _____ Date: _____

Please make checks payable to "GLIRC"

8:30 AM START

- 1/28 Saturday – Eisenhower
- 2/4 Saturday – Eisenhower
- 2/11 Saturday – Eisenhower
- 2/18 Saturday – Eisenhower
- 2/25 Saturday – Eisenhower
- 3/4 Saturday – Old Bethpage
- 3/12 Sunday – Old Bethpage
- 3/18 Saturday – Old Bethpage
- 3/25 Saturday – Old Bethpage
- 4/2 Sunday – Cedar Creek
- 4/8 Saturday – Cedar Creek
- 4/15 Saturday – Cedar Creek
- 4/22 Saturday – Cedar Creek
- 4/29 Saturday – Cedar Creek

For more information contact: Debbie Blair at
deborah.blair1@gmail.com or call GLIRC at (516) 349-7646