

SO YOU WANT TO START RUNNING AND YOU WANT A HEALTHIER LIFESTYLE...



COME JOIN US AND TAKE THE FIRST STEP!

runstart

beginner program
for the athlete in you!

We've put together a training program for beginners who want to get started running and training properly.

Under the guidance of our experienced running coaches you will be taken through a progressive 10 week program culminating with participation in the Farmingdale Main Street Mile on Saturday, Sept. 2nd.

TOPICS TO BE DISCUSSED:

- Nutrition
- Footwear/Apparel
- Hydration
- Injury Prevention
- Proper Form

TRAINING SESSIONS:

All sessions held 6:30 pm on Wednesdays starting 6/28/17 through 8/30/17 at Bethpage High School Track, 10 Cherry Ave., Bethpage, NY 11714.

PROGRAM COST: \$30.00

KICKOFF MEETING:

Tuesday, May 23, 2017 at 7:00 pm at Old Bethpage Village Restoration, 1303 Round Swamp Road, Old Bethpage, NY 11804.

You don't need to be at the kickoff session to be part of the program. If you can't make it on May 23rd please feel free to join us at the first Wednesday night session on June 28th.

FOR MORE INFO CONTACT:

Program Director Debbie Blair at Deborah.Blair1@gmail.com



**NASSAU COUNTY EXECUTIVE
ED MANGANO**

RunStart is conducted under the auspices of Nassau County Executive P. Mangano and the Nassau County Department of Parks, Recreation and Museums

RUNSTART 2017 • Make checks payable to GLIRC • Mail form and check to: GLIRC, 101 Dupont St., #24, Plainview, NY 11803

First Name _____ Last Name _____

Address _____

Town _____ State _____ Zip _____

Phone (____) _____ Email _____

Age _____ DOB ____/____/____ Shirt Size: S M L XL

A general physical by your primary care physician is recommended for all participants of this program. If you are over 40, and not accustomed to any exercise, or more than 20 pounds overweight, please consult with your physician. Unless you have a known health risk, your doctor will probably encourage you to begin a run-walk program, but it's always wise to check. In consideration of your accepting me into the RunStart 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 RunStart Program. Further, I hereby grant the foregoing organizations permission to use photographs and any other visual or audio recording of the Program and my participation in it for any purpose whatsoever.

Participant Signature: _____ Date: _____