

Join us for the

runsteady

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.

Only \$35 for the Entire Program!

Ten training sessions to be held at Cedar Creek Park, Eisenhower Park and Old Bethpage Village Restoration at 8:30 AM weekend mornings from October 1st through December 9th.

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



NASSAU COUNTY EXECUTIVE
ED MANGANO



Sun, Oct 1 - Cedar Creek
Sat, Oct 7 - Eisenhower
Sun, Oct 15 - Old Bethpage
Sat, Oct 21 - Old Bethpage
Sat, Nov 4 - Eisenhower
Sat, Nov 11 - Old Bethpage
Sun, Nov 19 - Old Bethpage
Sat, Nov 25 - Eisenhower
Sat, Dec 2 - Eisenhower
Sat, Dec 9 - Eisenhower

Sign Up Online at GLIRC.org

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

RUNSTEADY TRAINING PROGRAM

Mail form and \$35 check payable to GLIRC 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 RunSteady 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 RunSteady 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: _____