



FREE 10 WEEK RUNNING/WALKING PROGRAM FOR BEGINNERS

THE GLASTONBURY RIVER RUNNERS (GRR) WILL BE CONDUCTING A **FREE** 10 WEEK RUNNING PROGRAM FOR BEGINNERS OF ANY LEVEL. IF YOUR GOAL IS TO COMPLETE A 5K (3.1 MILES RUNNING AND/OR WALKING), THEN JOIN US! MEET MORE PEOPLE WITH THE SAME GOAL, MAKE NEW FRIENDS AND FEEL GREAT!

HOW DOES IT WORK?

- GROUP MEETS TWO DAYS A WEEK (TUESDAY PM/SATURDAY AM)
- THE PROGRAM INCLUDES COMBINATIONS OF RUNNING AND WALKING CERTAIN DISTANCES EACH WEEK.
- YOU CAN CHOOSE TO DO THE COMBINED RUN/WALK WORKOUT OR JUST WALK THE ENTIRE DISTANCE EACH TIME WE MEET DEPENDING ON YOUR GOAL (RUN OR WALK) FOR THE GRR FIRECRACKER 5K ON 06/27/10.

MORE DETAILS ABOUT THE PROGRAM:

- **SATURDAY, APRIL 24TH @ 8:00AM** WILL BEGIN OUR SATURDAY MORNING WORKOUTS AT RIVERFRONT PARK ON WELLES STREET IN GLASTONBURY (1/4 MILE WEST OFF OF MAIN STREET).
- **TUESDAY, APRIL 27TH @ 6:00PM** WILL BEGIN OUR TUESDAY EVENING WORKOUTS AT ROTARY FIELD ON OLDE STAGE ROAD IN GLASTONBURY
- WORKOUTS WILL END WITH THE COMPLETION OF THE "**FIRECRACKER 5K**" (3.1 MILES) ROAD RACE ON **SUNDAY, JUNE 27TH**.
- YOU CAN CHOOSE TO RUN/WALK OR JUST WALK ANY ROUTE WE TAKE.
- WE WILL TRAIN RAIN OR SHINE UNLESS THERE IS THUNDER & LIGHTENING.
- THIS PROGRAM WILL BE SUPPORTED BY EXPERIENCED RUNNERS AND COACHES AND WILL COVER ALL ASPECTS OF A RUNNING REGIMEN, INCLUDING WARMING UP, STRETCHING, HYDRATION, PACING, AVOIDING INJURY, GOAL SETTING, AND PROPER FOOTWEAR.

**PLEASE JOIN US ON APRIL 24TH TO REGISTER AND GET STARTED.
LET US TAKE YOU FROM THE COUCH TO A 3.1 MILE RUN IN JUST 10 WEEKS.
ALL YOU HAVE TO DO IS SHOW UP...THEN WE'LL KEEP YOU GOING!**

REMEMBER TO CONSULT YOUR DOCTOR BEFORE BEGINNING ANY EXERCISE PROGRAM.

FOR MORE INFORMATION, CONTACT US AT INFO@GLASTONBURYRIVERRUNNERS.COM