

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

Join us for the

runsmart

training 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!

Directed by GLIRC's Debbie Blair and Bob Cook of the Runner's Edge. Training sessions will be held weekend mornings at 8:30am from January through April at various Nassau County Parks.

FIRST SESSION: 8:30am Saturday, January 27, 2018
at Old Bethpage Village Restoration



- ▶ 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!

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"

Online registration is available at GLIRC.org

8:30 AM START

First Session:

Saturday 1/27 - Old Bethpage

Tentative Schedule:

Saturday 2/3 - Eisenhower

Saturday 2/10 Eisenhower

Saturday 2/17 - Eisenhower

Saturday 2/24 - Eisenhower

Saturday 3/3 - Old Bethpage

Sunday 3/11 - Eisenhower

Saturday 3/17 - Old Bethpage

Sunday 3/25 - Eisenhower

Saturday 3/31 - Cedar Creek

Sunday 4/8 - Cedar Creek

Saturday 4/14 - Cedar Creek

Saturday 4/21 - Cedar Creek

Saturday 4/28 - Eisenhower

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