



# Marathon Training

Winter 2012

## Contact Information

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## Marathon Training

Learn how to run a full or half marathon or how to run a faster race. Run with participants at your fitness level, this training is designed for all runners. You will receive a personal training schedule and individual help. This is a positive and encouraging group to train with. Professional speakers will discuss hot topics to help you meet your goals.

### Session & Registration Dates

<b>Session Dates</b>	<b>Registration Dates</b>			
January 5 - April 28	Lincoln Y Members	Begins October 2	Community Members	Begins October 2

### Time

#### Meetings

- Orientation for first time participants: Thursday, 12.29.11, 6:00 pm  
Come with your questions and to learn more about the program  
You do not have to be registered to attend this orientation
- Class meeting for all participants: Thursday, 1.5.12, 6:00 pm, come ready to run afterwards

#### Tuesdays

- 6:30 pm
- Strength and speed sessions for all levels
- Begins 4th week of training

#### Thursdays

- 6:00 pm—group run session
- 7:00 pm—professional speaker session

#### Saturdays

- 7:00 am—group long run session

### Fees

<u>Prior to January 1, 2012</u>		<u>After December 31, 2011</u>	
Y Member—First Time	\$90	Y Member—First Time	\$100
Y Non-Member—First Time	\$150	Y Non-Member—First Time	\$160
Y Member—Repeat	\$75	Y Member—Repeat	\$85
Y Non-Member—Repeat	\$100	Y Non-Member—Repeat	\$110

### Class Details/Benefits

- It is recommended that you have a base of 10-20 miles/week during November and December
- All group runs will begin at the Downtown YMCA unless arranged otherwise
- Professional speakers will discuss topics pertaining to distance running (Thursday nights)
- Strength training
- Technical shirt for each participant (YMCA/Marathon specially designed)
- Electronic training manual and handouts
- Injury prevention
- Three organized group runs each week
- Training partners for life

Downtown Y

## About the Instructor

Ann Ringlein will guide you through the marathon training in a positive energetic way. Not only will you enjoy finishing a half or full marathon, you will enjoy the process! Ann has had many experiences with distance runners of all levels, and will share her knowledge with beginners as well as advanced runners. Ann is the manager of the Lincoln Running Company and has been a competitive runner for over 25 years. She is the Assistant Cross Country and Track Coach at Nebraska Wesleyan University.

## Testimonial

"Motivation and Education are the two strongest points of the Marathon training. With Ann Ringlein and the YMCA you will receive the motivation you need to work toward your marathon goal. The top area professionals will teach you the way to stay healthy and well fueled during training. You will learn what to wear on those cold winter days and how to stay cool on the hottest run. The group of runners involved are happy to share their knowledge and talents with each new runner. You will learn the right way to train on the trails available to you with the great trail system in and around Lincoln.

Nothing helps a runner more than having a training partner waiting at the starting point for each run. If you need support during a run the class participants will be there for you.

I ran alone many years before attending the YMCA Marathon class and have found my running improved in performance and especially pleasure with the new found friends and training tools of this class." —Tabby, the smiling runner

## Registration Information

### Registration

Complete the Registration information below. Return this, with payment, to the Service Center/Front Desk at the Downtown Y.

### Lincoln YMCA Refund Policy

A requested refund 2 business days prior to the start of any activity or class will be issued as 100% credit. After that a 50% credit will be issued prior to the start date of the activity. After the start of the class, no refunds will be given. If the YMCA cancels a class or program there will be a full refund.

### Photo/Video Disclosure Statement

The YMCA of Lincoln, Nebraska may on occasion take photographs and/or video of its members or program participants for use in print materials or by electronic methods. Your entry into YMCA facilities, participation in YMCA programs or participation in YMCA events grants permission for the YMCA of Lincoln, Nebraska to use these photographs and/or video in its marketing and public relations efforts.

## Marathon Training Class Registration

Name \_\_\_\_\_ Phone \_\_\_\_\_ Date \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_  
Email \_\_\_\_\_ Birthdate \_\_\_\_\_ Age \_\_\_\_\_

The YMCA Strong Kids Campaign provides assistance to Lincoln's youth and families, helping cover the cost of YMCA programs and membership including youth sports activities, swim lessons and camp. Please consider making a contribution, thank you!

Registration Amount \$ \_\_\_\_\_  
Strong Kids Donation \$ \_\_\_\_\_  
Total Amount \$ \_\_\_\_\_

Select one:  Cash  Check  Visa  MasterCard Card Number \_\_\_\_\_ Exp. Date \_\_\_\_\_

YMCA Staff: Please receipt and return to the Health and Wellness Director

### Cooper

6767 S. 14th Street  
Lincoln, NE 68512  
(402) 323-6400

### Downtown

1039 P Street  
Lincoln, NE 68508  
(402) 434-9230

### Fallbrook

700 Penrose Drive  
Lincoln, NE 68521  
(402) 323-6444

### Northeast

2601 N. 70th Street  
Lincoln, NE 68507  
(402) 434-9262

### Youth Sports

570 Fallbrook Blvd., # 210  
Lincoln, NE 68521  
(402) 434-9217

### Camp Kitaki

570 Fallbrook Blvd., #210  
Lincoln, NE 68521  
(402) 434-9225