



Learn To Run

12 Weeks to your first 5K.

Dates: Thursdays, March 1 – May 17, 2012

Time: 5:30 pm – 6:30 pm

Place: Spackenkill High School Track

Registration: Use the MHRRC shopping cart to sign up for this free program.

1. Go to www.mhrcc.org>>Shopping Cart>> Race Registration and choose Learn-to-Run as the race in the drop down list.
2. Fill out your information, click “Add to Cart”.
3. Accept the disclaimer.
4. In the shopping cart, click “Check out”. You will not be asked for any payment information because this program is free. You will get a confirmation email.

Info: Polly Sparling, pts4257@aol.com

Restrictions: No strollers, roller blades, dogs, showers. Not necessarily restricted to women

Why?: Ever want to run 3.1 miles (a 5K)? Don't know how to start? Here is a way: a supportive, fun, friendly group that will train together for 12 weeks with the goal of running a 5K race on May 19.

On the Spackenkill High School Track, Polly will start week 1 with 30 minutes of walking and just a tad of running. As the 12 weeks go on, walking time will decrease and running time will increase. By the end of 12 weeks you too can run a 5K at the new MHRRC Women's Run on May 19 on the Dutchess Rail Trail.

Who: Anyone who wants to participate is welcome – even if you have never run at all. Experience why running is a “secret weapon” for feeling strong and making new friends (and maybe even losing weight).

Session leader Polly Sparling is an experienced runner with several marathons under her belt. But, don't be intimidated: she remembers starting and feeling totally lost. Her training knowledge and sense of fun will make this an enjoyable experience . Other MHRRC members will also be involved to help make this a great program.

