



**New Balance No Boundaries
Begin to Run Program
Begins Sunday Sept. 11th at Long Branch Park**

**Saturday's*through November 20th
8:30am at Long Branch Park
*(The first week held on Sunday September 11th)**

**Goal Race: Jingle Bell Run @Onondaga Lake Park
November 20th**

**Information Session Is Thursday August 25th at 5:45
No Boundaries Participants Special Shopping Day follows at 7pm.**

Goals

- To get in shape to run or run/walk a 5K race.
- To develop a passion for running and through that, improve your health, develop a more positive self image, boost your energy level and enhance your overall quality of life.

Participants

- This program is designed for those with little or no running experience.
- You never have to worry about being last or holding up the group. This is not a competition and most of the participants will be no more experienced than you. Also, because our group runs take place on a mile loop, you will never have to worry about getting left behind. This is a safe, welcoming place for you to get fit, make friends and have fun!
- You must be at least 18 years old to join or have a parent sign your forms and run with you.
- You must have an email address that you can check regularly. It is a crucial communication tool for this program

Program Overview

For your \$100 registration fee you will get the following:

- A complete 10-week training program that will guide you to completing a 5K race. You will begin with a combination of running and walking and will build gradually. The program begins on September 11th

- Coaching and support. We will maintain a ratio of one coach for no more than 15 participants.
- Coached weekly groups run. In addition to the weekly group run you will be expected to go out twice a week on your own.
- A team tech shirt to wear on race day.
- Entry into the 5K goal event.
- A victory celebration hosted by Fleet Feet Sports.

The Weekly Group Run

- The first group run will take place on Sunday Sept 11. All other runs will be Saturdays. The runs will take place at Long Branch Park in Liverpool. To get there, take 690 to John Glenn Blvd. and make a right onto Long Branch Rd. The park will be on your left. We will be running primarily on grass and gravel in the park. The soft surface will be easier on your body and we will not have to worry about vehicular traffic running in the park.
- The runs will begin at 8:30 am. You should expect to be there for approximately an hour. In later weeks you should expect to be there longer as the length of your runs will increase.
- Water will be provided, but you are welcome to bring your own drinks.
- Bring a towel to sit on during group stretching and core exercises after the run.
- Bring a sweatshirt or extra jacket to wear after the run is over.

The Goal Event

The goal event is the Jingle Bell Run on November 20th at Onondaga Lake Park. It is a flat course that starts and finishes at Onondaga Lake. Registration for the event is included with your registration fee for this program. We will have you fill out the race application in the coming weeks.

Preparing to Run

- Be sure you have the right shoes. If you currently have a pair of running shoes, bring them in to Fleet Feet so we can check that they will be a good choice for you. If you don't currently have running shoes or the pair you have is no good for you, we will go through our personal fit process, including stride analysis, to determine which shoes will be best for you. Having the right shoes is an important key to avoiding injury.
- For women only: get the right sports bra. Eighty percent of women wear the wrong size bra, meaning you aren't getting the support you need. Most women also don't realize that a sports bra will lose its elasticity (and therefore its supportiveness) after approximately 52 washes. So if you wash a sports bra once a week, it's only going to last a year. Fleet Feet has developed a personal bra fit process that is designed to help you find the sports bra.
- Steer clear of cotton. This is particularly important when it comes to socks, but is also true of the rest of your running outfit. Cotton absorbs moisture, so when you sweat, cotton keeps it right near your body. Synthetic materials wick the moisture away from your body, keeping you dry and cool. When you wear cotton socks, having that moisture in your shoes will also allow your feet to blister much easier.
- Stay hydrated. It is extremely important to keep hydrated before your runs. Once you are out there, it is good to take water breaks as well. At the group runs we will have a water stop set up. You may want to carry a water bottle with you when you go out on your own.

Contact Information

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