



Halfsy Training

Fall 2018

Contact Information

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Halfsy Training

Learn how to run a half marathon or how to run a faster race. This training has been created to help participants train to participate in The Good Life Halfsy on Sunday, October 28, 2018, but it is open to anyone. Run with participants at your fitness level, this training is designed for all runners. You will receive a training schedule and individual help. This is a positive and encouraging group to train with. Class sessions will include topics on the aspects of nutritional, physical and mental training for the half marathon.

Session/Registration Dates & Age Requirements

Session Dates

August 2 - October 25

Registration Date

Begins June 8

Age Requirements

Must be 18 years old to register for this class unless approved by Health and Wellness Director.

Time

Thursdays

- 6:30 pm—class session followed by group run

Sundays

- 8:00 am—group long run session

Mondays

- 6:30 pm—yoga class

Fees

Y Member	\$55
Y Non-Member	\$80
Y Member—*Past Y Halfsy Training Class Participant	\$45
Y Non-Member—*Past Y Halfsy Training Class Participant	\$70

*The registration fee for this program offering does not qualify for Open Doors Financial Assistance.

*Registrants that have participated in the Downtown YMCA Halfsy Training Class in the past are offered a \$10 discount off of the registration fee. Discount is not eligible for online registration, you must mail in or drop off your registration at a YMCA branch.

Class Details/Benefits

- All group runs will begin at the Downtown YMCA unless arranged otherwise
- Injury prevention and strength training
- Yoga class on Mondays
- Optional weekly strength training class (additional cost)
- Two organized group runs each week
- Training partners for life

Downtown Y



About the Instructor

Ann Ringlein and members of The Lincoln Running Co. Staff will guide you through the Halfsy Training in a positive energetic way. Not only will you enjoy finishing a half 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 30 years. She was the Assistant Cross Country and Track Coach at Nebraska Wesleyan University for 20 years.

Registration Information

Online Registration Available - Inky.org/halfsy

Log in to your ActiveNet online account to register or complete the registration information below and return with payment to the front desk at the Downtown Y.

Facility Usage Policy

YMCA Members are allowed to use all YMCA facilities during all hours of operation. Members must always check in at the front desk when entering the facility. Non-Members that are paid participants in the Halfsy Training class are allowed to use the Downtown YMCA locker areas directly before and after scheduled class sessions and are allowed to attend all scheduled class sessions in the YMCA. When entering the facility, Non-Members must sign in at the front desk. Non-Members are also allowed to use the Downtown YMCA due to inclement weather or injury rehab during the following days/times: Tuesdays and Thursdays, 5:00 am to 7:00 am and 8:00 pm to 10:00 pm. During these hours, Non-Members will be required to provide a photo ID and sign in to use the facility.

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.

Halfsy Training Class Registration

Name _____ Phone _____ Date _____
Address _____ City _____ Zip _____
Email _____ Birthdate _____ Age _____

The YMCA Annual 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 \$ _____
Campaign Donation \$ _____
Total Amount \$ _____

Select one: Cash Check Visa MasterCard Discover

Card Number _____ Exp. Date _____

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

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Y Non-Member	\$80
Y Member—*Past Y Halfsy Training Class Participant	\$45
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