

Words From Past Participants

Beginner's Luck 2016 was an incredibly fun experience. During the 8-week program, I went from not being able to run for longer than 2 minutes at a time to running 20 minutes without stopping. It helped me build confidence and meet people along the way. After Beginner's Luck, I went on to run two 10ks and a half marathon. I'm forever grateful to Beginner's Luck for helping me start my running journey!

Alli S.

Beginner's Luck laid the foundation for me to become a very happy runner. The class helped me become knowledgeable about all things running and connected me to other runners to keep me going. Best \$20 I've ever spent!

Lisa J.

I originally signed up for Beginner's Luck in 2009 to see if I could run further than 2 miles, which I had done semi-regularly. The class helped me become a regular runner, and I've continued running for 8 years. I've been involved with Beginner's Luck ever since. The positive impacts on my life and health have been amazing, and as a bonus, I've made a ton of new friends along the way!

Jim H.

Our Sponsors



The Lincoln Running Co. is Lincoln's oldest locally owned running specialty store, having served Lincoln runners for over 40 years. Our mission is to get everyone who walks in our doors into the correct shoes for their activity—whether that be running, walking or just being fit! We hope you sign up for Beginner's Luck and take your first step to being a runner for life!



new balance

New Balance is proud to sponsor the Beginner's Luck running program. Our company heritage is grounded in the sport of running. As such, the development of runners at all levels is a natural extension of our love of the sport. In our experience, Beginner's Luck offers one of the most creative community outreach programs in the country. It has been an honor to be associated with it for the past. To learn more about New Balance, please visit our website at www.newbalance.com.



LINCOLN PHYSICAL THERAPY
AND SPORTS REHAB, LLC

Lincoln Physical Therapy and Sports Rehab is proud to work with the Beginners Luck program this year! We have served the Lincoln community again this year, helping runners of all ages and levels of experience get back on track with the sport they love. A program like this is absolutely essential for the beginning runner to be set up for success.

2017

15th Annual!

Beginner's Luck

June 14-July 26, 2017



Do you want to start a running program?

Are you losing weight and need an exercise program to get you in shape?

Do you want to do a road race but have no idea how to prepare?

Beginner's Luck has helped more than 2,500 people start their journey with running over the past 14 years.

Make this *your* year!

2017
15th Annual!

Beginner's Luck



Want to start a running program? Are you losing weight and need an exercise program to get you in shape? Do you want to do a road race but have no idea how to prepare yourself?

What: Beginner's Luck is a fun, 7-week clinic designed to help people of all ages start a running program and/or prepare for a 5-kilometer run that will be held at Holmes Lake the last week of class. Each week, there will be a short informational presentation, followed by a group run.

When: Every Wednesday, June 14 through July 26, from 6:30–7:30 p.m.

Where: Lincoln Southwest High School, 7001 South 14th Street

Program: A local professional will present information every week on various topics relevant to running, such as nutrition, footwear, apparel, stretching, preventing injury, and keeping motivated.

Weekly Speakers: **Dr. Brandon Seifert** of Lincoln Orthopaedic Center, **Ann Ringlein** of Lincoln Running Company, **Chad Wemhoff** of Lincoln Physical Therapy and Sports Center, **Dr. Steve Martin** of Nebraska Heart Institute, and others.

Workouts: Workouts will include a warm up, cool down, and stretching. Workouts will get progressively tougher each week to gradually build your fitness level. Our goal is to keep you motivated, injury free, and make running part of your fitness program!

Cost: \$20/person if received by June 10. Late registration is \$30/person

Questions? Call Ann Ringlein at (402) 474-4557.

Registration Form

Register online at: getmeregistered.com

Cost is \$20/person if received by June 10. Late registration fee is \$30/person. Make checks payable to The Lincoln Running Company and mail to: **The Lincoln Running Company**
1213 "Q" Street
Lincoln, NE 68508

Name _____

Address _____

City _____ State ____ Zip _____

Email _____

Phone (day) _____

Technical Shirt

Circle your size. Each participant receives one short-sleeved running shirt.

 Women's Men's
S M L XL S M L XL XXL

- \$20 Check Enclosed
 \$30 Check Enclosed (if after June 10)

Waiver

I know that running is a potentially hazardous activity. I should not run unless I am medically able to run the goal distance of this program (5K). I agree to abide by any decision of the Beginner's Luck representatives relative to my ability to safely complete runs as well as abide by any recommendation to withdraw or run at a slower pace due to weather conditions. I assume all risks associated with running in this program including, but not limited to: falls, contact with other participants, the effects of the weather including high heat and/or humidity, traffic, and the condition of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release the Lincoln Running Company and all sponsors, their representatives, and successors from all claims or liabilities of any kind arising out of my participation in Beginner's Luck, though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signed _____