



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Marathon Training

Winter 2019

Contact Information

Karla Hudson
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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 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 & Age Requirements

Session Dates **Registration Date**
January 3 – May 2 Begins November 1

Age Requirements

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

Time

Meetings

- Orientation for first time participants: Thursday, 12.13.18, 6:00 pm
Come with questions and to learn more about the program. You do not have to be registered to attend.
- Class meeting for all participants: Thursday, 1.3.19, 6:00 pm, come ready to run afterwards

Mondays

- 6:30 pm—yoga session

Tuesdays

- 6:30 pm—Holmes Lake; begins 2.5.18
- Strength and speed sessions for all levels

Thursdays

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

Saturdays

- 7:00 am—group long run session

Fees

	On or before December 27, 2018	On or after December 28, 2018
Y Member—First Time	\$100	\$115
Y Non-Member—First Time	\$150	\$165
Y Member—Repeat	\$75 (must mail in or register in person)	\$90 (must mail in or register in person)
Y Non-Member—Repeat	\$100 (must mail in or register in person)	\$115 (must mail in or register in person)

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

Class Details/Benefits

- It is recommended that you have a base of 10-15 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)
- Mentor/pace groups will be developed to help you get connected from the beginning
- Injury prevention and strength training education
- Monday evening Yoga class
- Weekly group cycling class for cross-training/recovery day
- Optional weekly strength training class (additional cost)
- Technical shirt for each participant
- Communication through private Facebook group
- Electronic handouts
- Three organized group runs each week
- Post-race celebration
- 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 35 years. She was the Assistant Cross Country and Track Coach at Nebraska Wesleyan University for over 20 years.

Registration Information

Online Registration Available - ymcalincoln.org

Fast, convenient, 24/7 registration is available on our website! If you are new to online registration, visit YmcaLincoln.org/RegisterOnline for detailed instructions. To receive past participant discount, online registration is not available. Register in person or mail to:

Downtown YMCA
Attn: Karla Hudson
1039 P Street
Lincoln, NE 68508

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 Marathon 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 professional speaker 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.

Marathon Training Class Registration

Name _____ Phone _____ Date _____

Address _____ City _____ Zip _____

Email _____ Birthdate _____ Age _____

Technical Shirt Size _____

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 Discover

Card Number _____ Exp. Date _____

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