

2016 NOTC Beginner Training Programs Crescent City Classic Training

Hi everyone!

Believe it or not, running can be a fun and addicting sport once you get the hang of it. It makes it even better when you have people that are training side by side with you. These programs are designed for you to have fun, meet people, and feel good about yourself. Please do not be intimidated. We are here to guide you through all of your running needs and help you to achieve your goals. So come on out and give it a try. The hardest part is showing up and getting started.

Sincerely,
Jennifer Neil
Race Director, NOTC

Dates:

- **Wednesday, Jan 13**- Information session at NOTC office (1050 S. Jefferson Davis Pkwy Ste 109) at 6:00 PM.
- **Wednesday, Jan 20**- start of 10 week training program for the Crescent City Classic 10K on March 26.

Description:

These training programs will be for beginner and intermediate runners/walkers who would like to start a running/walking program or improve on their current level of running/walking. The New Orleans Track Club will offer 3 training programs from now until the end of the year. PLEASE NOTE that entry into the training program **does not include** entry into the race.

Cost for Training Program

- \$100 – NOTC members
- \$130 – non-members

These programs will include:

- 10 week training schedule
- Training performance shirt
- Water bottle
- Saturday morning (7:30 AM) and Wednesday evening (6:00 PM) run groups
- 2-3 seminars providing helpful information on running/walking related topics such as injury prevention, nutrition, proper shoes, and more.

"Believe that you can run farther or faster. Believe that you're young enough, old enough, strong enough, and so on to accomplish everything you want to do. Don't let worn-out beliefs stop you from moving beyond yourself." - John Bingham

If you are interested in coaching or know someone that is interested in coaching, email Jennifer@runnotc.org. We can always use more coaches! 😊

