



2016 NOTC Beginner Training Program Ole Man River Half Marathon or 5K



Hi everyone!

I know sometimes starting to run for the first time or coming back to running after a long time may seem intimidating, and you might get a little nervous. Don't worry, we have lots of coaches who want to help you achieve your running or walking goals, whatever they may be. The hardest part of this is showing up every time. If you can do that, you will accomplish your goal.

Let's do this!

Jennifer Neil
Race Director, NOTC
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Dates:

- **Wednesday, September 14** - Information session at NOTC office (1050 S. Jefferson Davis Pkwy Ste 109) at 6:00 PM.
- **Wednesday, September 21** - start of 12 week training program for the Ole Man River Half Marathon on December 19. We will meet at City Park Festival Grounds under the shelter at 6 PM.
- **Wednesday, October 19** – start of 8 week training program for the Ole Man River 5K on December 19. We will meet at City Park's practice track on Roosevelt Mall Dr. at 6 PM.

Description:

The training program is designed for beginner and intermediate runners and walkers who aspire for a healthier lifestyle. Our overall goal is for our athletes to improve upon their current physical fitness, as well as their overall knowledge of nutrition and injury prevention, which are both crucial components for individual sustainability. PLEASE NOTE that entry into the training program **does not include** entry into the race (but you will receive a discount code to register).

Cost for Training Program

OMR Half Marathon

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

Ole Man River 5K

- \$60- NOTC members
- \$80- Non-members



These programs will include:

- 12 week or 8 week training schedule
- Training performance shirt
- 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 have any questions regarding the training program, you can email jradnotc@gmail.com or call 504.304.2326.