



Glendale News-Press Downtown Dash 2012

8 Week Training Program

[Not-For-Profit 501 (C) 3 Corporation, Tax ID #95-3899682]

TRAIN FOR A 5K RACE!

FOR MORE INFORMATION CALL: (818) 437-5523 or visit AAYBootCamp.com

Glendale's Downtown Dash (5K): Sunday, March 11 8-Week Training Program Begins Sunday, Jan 15

Training program provided by All About You! Wellness BootCamp

Need help preparing for the race? Our eight-week training program can help! All runners & walkers are welcome. For beginners, we help you build endurance and confidence so that you can complete the race safely. For intermediate and advanced runners, we will help you improve your time so that you can run your best 5K ever! 100% of the \$35 registration fee will be donated to the Downtown Dash Fundraising Efforts to support GAMC Stroke Services in our community.

Day: Every Sunday, January 15 – March 4

Time: 8:00 am – 9:15 am

Location: Chess Park in Glendale

Cost: \$35 for the entire 8-week program. Checks should be made out to *Healthcare Foundation at GAMC*

Includes: Weekly training run/walks, stretches, lectures, training schedules, and camaraderie of group training.

Each training session will be followed by a mini-lecture designed to help you remain injury-free throughout your training.

Lecture Topics include:

- 5K Training Program Overview
- Running Shoes
- Running Form & Technique
- Flexibility
- Core Stability Exercises
- Strength Training
- Sports Nutrition
- Race Day Tips

For More Info:

Contact Elaine Miller (818-437-5523 or AAYBootCamp.com)

To Register:

Register online at GlendaleDowntownDash.com or bring a completed Registration Form (available for download at GlendaleDowntownDash.com) to your first class.

You can start training at any session.