

GATE RIVER RUN 2010 TRAINING CLASS

A program in Jacksonville, Florida, to prepare individuals to participate in the Gate River Run 15K.

BEGINNING DATE: Tuesday, January 5, 2010

1ST MEETING LOCATION: 1st Place Sports, San Marco Store

PROGRAM START

The first organizational meeting will be held **Tuesday, January 5th at 6:30 PM** at 1st Place Sports, 2016 San Marco Blvd. You do not have to attend the organizational meeting to take part in the program. Just sign up and you will be contacted (via e-mail) prior to the class start date directing you to group runs and classes.

TRAINING CLASS DESCRIPTION

This program is designed for the first time River Runner to the experienced runner out to set a personal best. Participants will be divided into groups based on your current ability and goals. The program will be coached by John Metzgar (one of Jacksonville's best runners) and will also feature group leaders to help with each pace group. There will be instructional classes and group runs each week leading up to the Gate River Run on March 13, 2010. If you have health issues, it is recommended that you be medically cleared to participate preceding the class start date.

YOUR RUNNING LEVEL

The program will accommodate all levels of runners, so everyone is encouraged to participate in the training classes. Groups will be formed to accommodate most levels, and training will be tailored to reach your specific goal.

GROUP RUNS

The class meets Tuesday evenings at 6:30 PM for a short presentation and a group run in downtown Jacksonville. On the weekends (mostly

Saturdays, but sometimes Sunday) the class meets for a group run at 8 AM. The weekend run will be rotated among some of Jacksonville's best running routes (Orange Park, Fleming Island, Ortega, San Marco, Riverside and the beach.) Being present at any particular training event or day is not a requirement for benefitting from the class.

TOPICS TO BE DISCUSSED

Group discussions will cover:

- » Training Plan Development
- » Running Shoe Selection
- » Nutrition
- » Running Clothing and Specialty Products
- » Heart Rate Monitor Training
- » Cross Training
- » Night before and Race Day Preparation

TRAINING CLASS COACH

The class is conducted by **John Metzgar** who has led and participated in numerous classes preparing people for distances from the 5K (3.1 miles) to the Half Marathon (13.1 miles). He is an experienced runner of more than 20 years and is one of the area's top runners. In addition to John, there will be other **JTC Running** members utilized as group leaders that will assist in providing pacing, instruction and encouragement.

REGISTRATION INFORMATION

You can register at any 1st Place Sports location or you may also sign up on-line for a small additional fee. John will also accept registration forms and payments at group runs.

The cost of the program is **\$65** (or \$50 for

