

# JTC RUNNING GATE RIVER RUN 2012 TRAINING CLASS

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

**BEGINNING DATE: Tuesday, January 3, 2012, 6:30 PM**

## PROGRAM START

The first organizational meeting will be held **Tuesday, January 3rd at 6:30 PM**. 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 as well as experienced runners out to set personal bests. 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 10, 2012. 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 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 online 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 JTC Running members). The fee includes the following:

- » Experienced coaches providing guidance and training advice.
- » Personalized training program.
- » Group runs and classes.
- » Membership in **JTC Running** (Jacksonville's largest running club).
- » Performance running top "Training for the Gate River Run" shirt.
- » Group Discussions

## CONTACT INFORMATION

For more information check the Gate River Run site: [www.gate-riverrun.com](http://www.gate-riverrun.com) or contact John at [johnmetzgar4@gmail.com](mailto:johnmetzgar4@gmail.com) (with a subject line "GRR Training Class 2011"). If you need to talk to John you may call him at (904) 716-1020 (please call in the evening between 5 PM - 9 PM. Leave a message if necessary). E-mail is the preferred and primary contact method for the class.

# BECOME A JTC RUNNING MEMBER!



Founded in October 1975, **JTC Running** is Northeast Florida's preeminent promoter of healthy lifestyles through running, fitness, and fellowship. It is both a social club with several varying events per year and a philanthropic organization that seeks to benefit runners of all types.

### THE VALUE OF MEMBERSHIP

**JTC Running** membership includes:

- » A subscription to "The Starting Line" - the bimonthly newsletter about the club, events, and running information.
- » Discounted entry fees at most **JTC Running** events (Gate River Run, Summer & Winter Beaches, and The Last Gasp)
- » **JTC Running** apparel at a nice price.
- » Social events - A couple times a year **JTC Running** has non-running casual get togethers.
- » Local training runs - many of which have running mentors.
- » Discounts on merchandise at many sports stores and other stores in Jacksonville area - see website for complete list: [www.jtcrunning.com](http://www.jtcrunning.com)

<b>GATE RIVER RUN TRAINING CLASS 2012</b>															January 3, 2012 - March 10, 2012				
Official Entry Form																			
First Name										Last Name									
Age		Sex		T-Shirt Size				Email Address											
Telephone Number		JTC Running Member? <input type="checkbox"/> YES <input type="checkbox"/> NO										\$ _____							
Street Address															Apt. #				
City										State					Zipcode				
Running Experience: _____																			
<p>Make Checks Payable to JTC Running and mail to: 3931 Baymeadows Road, Jacksonville, FL 32217</p> <p><small>I know that running a road race is a potentially hazardous activity which could cause injury or death. I should not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, am in good health, and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road. I also understand that in the event that this race has to be cancelled for any reason beyond the control of race management that my entry fee will not be refunded. All such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals and radio headsets are not allowed in the race. I also understand that I must return my ChampionChip transponder or I will be billed \$30.00 as replacement cost. I will abide by this guideline. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Organizers of this event and all sponsors, including DRA CRT Baymeadows Center, LLC, Colonial Properties Trust, and their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.</small></p>																			
Please sign here. (Parent must sign if participant is under 18 years of age)										Date Signed									