



It's amazing. Millions of Americans participate in running events every year. Why? They are challenging and fun! Equally amazing is that many runners who participate in running events often train



unguided. The first goal of any participant should be to safely train for an event and finish it strong. During your **UHC NC Marathon Running School---Marathon, 1/2 Marathon or 5K---** we help you take on the challenge under the guidance of a professional Running Coach and the support of a group of fellow runners. Come run with us!

Our Coaches and Leaders

We are runners. We are certified trainers. Our mission as coaches and leaders for the **UHC NC Marathon Running Schools** is to provide guidance, support, and encouragement—every step of your course. We'll work to assure that you safely achieve your training goals *and* have a positive, memorable experience.

Why a Running Coach? A good running coach (or any fitness coach) should be, at the least, educated and certified through a reputable fitness organization and therefore qualified to assess your fitness level, set up a program for you, guide you to reach your goals, and keep you motivated. He or she will push you to do your absolute best--- something you may not do on your own.

Our UHC NC Marathon Schools include

- Training resource guide
- Customized training schedule based on your fitness level and your goals
- Weekly group training sessions
- Informational and motivational emails
- Educational Clinics presented by community businesses and leaders on topics such as, Choosing the Right Running Shoe, Sports Nutrition, Cross Training, and Injury Prevention

- Experienced & supportive coaches
- Official 2010 Running School technical running shirt
- School Goodie Bag
- V.I. P. treatment & support during your event!

Benefits include

- Increased cardiovascular endurance and aerobic capacity; increased muscle, bone, and connective tissue strength
- Reduced body fat and increased muscle tone
- Reduction in stress and greater energy
- Improved confidence and a sense of well-being
- Knowledge about the sport of running
- Being part of a supportive network of runners

Note: Before beginning any fitness program, it is recommended that you first consult with your physician.

Personal Coaching Services

In addition to our Running Schools, additional coaching services are also offered

- Private, one-on-one or small group coaching
- Virtual training, utilizing email and phone, and YouTube—*new!*
- Special groups in any organization, small business or corporation

If you are an individual or group that would like more information about our Running Schools contact Liz Lindsay, UHCNCM Training Coordinator at 336-402-3985 or www.janesontherun.com or www.greensborofitnesscompany.com. We are happy to create a plan that best works for you!