



VALLEY SHORE RUNNERS

STRONGER TOGETHER

SPRING 2018

VSY RUN CLUB

KICK OFF RUN – TUES, APRIL 10th at 5:30 PM

Come run with us! Enjoy camaraderie, inspiration and encouragement, running with a group. Whether you are new to running and trying to finish your first road race or an experienced runner who is trying to improve, **YOU** want to join the Y Running Program. Lose weight, reduce stress, become a better runner, change your life and make some lifelong friends!

We offer two levels of running groups.

OPTION 1: Learn to Run

Join our Learn to Run Program and safely work your way up to a 5k in 11 weeks. This program will introduce you to the sport of fitness running as a life-long activity and prepares you to complete a road race at your own pace and injury free: all ages and levels are welcome. There will be leaders at all of the runs so no one ever has to run alone.

OPTION 2: Better Your Run

This program is for anyone who has past running experience and would like to become a better and faster runner. Workouts will vary and will include longer runs, speed work, hill repeats and a faster running pace.

Club Members Receive

You will receive a 10 week training plan race registration to the Run for Chris, June 23rd in Essex, guidance from experienced group leaders, weekly emails, and camaraderie and companionship while you reach your goals. There's nothing like training with other people to motivate you! We will also offer 4 group runs per week (participants are not expected to attend each group run).

Open to Members (\$75.00) and Non-Members (\$150.00)! Tri Club discount is available too!

Fees Includes

- 10 Week Training Plan
- 4 Group Runs each week for 10 Weeks beginning Tuesday, April 10
- Entry into the **Run for Chris 5K in Essex on June 23rd**
- Training Schedule and Informational Handouts
- Access to our Run Club Group on our Y Wellness Portal
- Y Performance Running shirt
- Access to experienced runners who will mentor you
- Discount at soundRunner Old Saybrook

Weekly Group Runs for both levels:*

Tuesdays & Thursdays – 6:00 pm

Wednesdays - 6:30 pm at soundRunner Old Saybrook

Saturdays – 8:00 am

*Participants are not expected to be at every run.

For more info about this program OR if you would like to become a volunteer run leader please

Contact: Tony Sharillo

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