



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Marathon Training

## Winter 2016

### Contact Information

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Learn how to run a full or half marathon or how to run a faster race. Run with participants at your fitness level, this training is designed for all runners. You will receive a personal training schedule and individual help. This is a positive and encouraging group to train with. Professional speakers will discuss hot topics to help you meet your goals.

### Session/Registration Dates & Age Requirements

**Session Dates**                      **Registration Date**  
January 7 - April 28              Begins November 23

#### Age Requirements

Must be 18 years old to register for this class unless approved by Health and Wellness Director.

#### Time

##### Meetings

- Orientation for first time participants: Thursday, 12.17.15, 6:00 pm  
Come with questions and to learn more about the program. You do not have to be registered to attend.
- Class meeting for all participants: Thursday, 1.7.16, 6:00 pm, come ready to run afterwards

##### Tuesdays

- 6:30 pm—Holmes Lake; begins 2.2.16
- Strength and speed sessions for all levels

##### Thursdays

- 6:30 pm—group run session
- 7:30 pm—professional speaker session

##### Saturdays

- 7:00 am—group long run session
- 9:30 am—yoga session

#### Fees

	On or before January 4, 2016	On or after January 5, 2016
Y Member—First Time	\$100	\$115
Y Non-Member—First Time	\$150	\$165
Y Member—Repeat	\$75	\$90
Y Non-Member—Repeat	\$100	\$115

#### Class Details/Benefits

- It is recommended that you have a base of 10-20 miles/week during November and December
- All group runs will begin at the Downtown YMCA unless arranged otherwise
- Professional speakers will discuss topics pertaining to distance running (Thursday nights)
- Mentor/pace groups will be developed to help you get connected from the beginning
- Injury prevention and strength training education
- Saturday Yoga class
- Optional run technique session (additional cost)
- Optional weekly strength training class (additional cost)
- Technical shirt for each participant
- Communication through private Facebook group
- Electronic training manual and handouts
- Three organized group runs each week
- Class sponsor: GU
- Post-race celebration
- Training partners for life

Downtown Y

## About the Instructor

Ann Ringlein will guide you through the marathon training in a positive energetic way. Not only will you enjoy finishing a half or full marathon, you will enjoy the process! Ann has had many experiences with distance runners of all levels, and will share her knowledge with beginners as well as advanced runners. Ann is the manager of the Lincoln Running Company and has been a competitive runner for over 35 years. She is the Assistant Cross Country and Track Coach at Nebraska Wesleyan University.

## Registration Information

### Online Registration Available - [ymcalincoln.org](http://ymcalincoln.org)

To receive your user ID and pin number, please contact the Downtown YMCA Front Desk at 434-9260. Or complete the registration information below and return with payment to the Front Desk at the Downtown Y. Discount for previous participation is not available online.

### Facility Usage Policy

YMCA Members are allowed to use all YMCA facilities during all hours of operation. Members must always check in at the Front Desk when entering the facility. Non-Members that are paid participants in the Marathon Training class are allowed to use the Downtown YMCA locker areas directly before and after scheduled class sessions and are allowed to attend all scheduled professional speaker sessions in the YMCA. When entering the facility, Non-Members must sign in at the Front Desk. Non-Members are also allowed to use the Downtown YMCA due to inclement weather or injury rehab during the following days/times: Tuesdays and Thursdays, 5:00 am to 7:00 am and 8:00 pm to 10:00 pm. During these hours, Non-Members will be required to provide a photo ID and sign in to use the facility.

### Lincoln YMCA Refund Policy

A requested refund 2 business days prior to the start of any activity or class will be issued as 100% credit. After that a 50% credit will be issued prior to the start date of the activity. After the start of the class, no refunds will be given. If the YMCA cancels a class or program there will be a full refund.

### Photo/Video Disclosure Statement

The YMCA of Lincoln, Nebraska may on occasion take photographs and/or video of its members or program participants for use in print materials or by electronic methods. Your entry into YMCA facilities, participation in YMCA programs or participation in YMCA events grants permission for the YMCA of Lincoln, Nebraska to use these photographs and/or video in its marketing and public relations efforts.

## Marathon Training Class Registration

Name \_\_\_\_\_ Phone \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ Birthdate \_\_\_\_\_ Age \_\_\_\_\_

Technical Shirt Size \_\_\_\_\_

The YMCA Strong Kids Campaign provides assistance to Lincoln's youth and families, helping cover the cost of YMCA programs and membership including youth sports activities, swim lessons and camp. Please consider making a contribution, thank you!

Registration Amount \$ \_\_\_\_\_  
Strong Kids Donation \$ \_\_\_\_\_  
Total Amount \$ \_\_\_\_\_

Select one:  Cash  Check  Visa  MasterCard  Discover

Card Number \_\_\_\_\_ Exp. Date \_\_\_\_\_

YMCA Staff: Please receipt and return to the Health and Wellness Director

#### Cooper

6767 S. 14th Street  
Lincoln, NE 68512  
(402) 323-6400

#### Downtown

1039 P Street  
Lincoln, NE 68508  
(402) 434-9230

#### Fallbrook

700 Penrose Drive  
Lincoln, NE 68521  
(402) 323-6444

#### Northeast

2601 N. 70th Street  
Lincoln, NE 68507  
(402) 434-9262

#### Youth Sports

570 Fallbrook Blvd., # 210  
Lincoln, NE 68521  
(402) 434-9217

#### Camp Kitaki

570 Fallbrook Blvd., #210  
Lincoln, NE 68521  
(402) 434-9225