

EVERYONE CAN RUN

BEGINNERS PROGRAM @ THE JCC



FREE 8-WEEK PROGRAM

Wednesdays 5:30–6:30 pm
Starts January 9, 2019

No experience necessary

All are welcome! This program is designed to take you from walking to running. Taught by Greg Tuttle of the Syracuse Chargers Track Club, a USATF certified coach. Informational presentations by running related professionals will be held during most sessions. Register today!

Questions? Contact Patrick Scott at 315-234-4522 or pscott@jccsy.org.



*The JCC Neulander
Family*

Sports & Fitness Center
at the JCC of Syracuse

5655 Thompson Rd., DeWitt • 315.234.4522 • www.jccsy.org





EVERYONE CAN RUN BEGINNERS PROGRAM

Presented by the Syracuse Chargers Track Club and hosted by the Jewish Community Center of Syracuse, the Everyone Can Run Beginners Program will begin on Wednesday January 9, 2019

This is a FREE eight-week program designed to take you from walking to running and will start Wednesday, January 9, 2019 and continue through Wednesday, February 27, 2019.

Greg Tuttle, a USATF Certified Coach, of the Syracuse Chargers Track Club, will lead the Wednesday sessions. Information Presentations from Running Related Professionals, will be held at most of the training sessions.

Time: Wednesdays from 5:30 p.m. – 6:30 p.m.

Place: Indoor track at the Jewish Community Center (JCC), which is located at 5655 Thompson Road in Dewitt (13214). Participants should park at rear of building near the Fitness Center entrance.

You will start with mostly walking, increasing running intervals each week on a set schedule. All registrants will receive a Syracuse Chargers Track Club Pedometer.

All registrants will receive a 2-week trial pass to the JCC including use of their indoor track and locker room.

This program is open to Chargers, JCC members and prospective members, at least 14 years and older; applicants under **18 years require a parent's or guardian's permission.**

All fitness levels welcome! If you can walk, you can run!

Important Note – Participants should consult their health care provider before beginning any new type of exercise or fitness program. *All participants will be asked to sign waivers and registration forms before the first night of the program.

Everyone Can Run Beginners Program Registration Form

Name _____ Date of Birth _____

Address _____ Phone _____

E-mail address: _____

I am a currently a member(circle): Syracuse Chargers Track Club Jewish Community Center

Participant Waiver for Program: I know that running is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able, and by my signature, I certify that I am medically able to perform this event, and am in good health. I assume all risks associated with running, including but not limited to: falls or contact with other participants, the all such risks being known and appreciated by me. I understand that personal music players are not allowed during my training and I will abide by this rule. I have read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Syracuse Chargers Track Club and the Jewish Community Center and the Road Runners Club of America, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these training session, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs or any other record of this event for any legitimate purpose.

Signature: _____

Date: _____

Parent's Signature if under 18 years: _____ Date: _____

Please turn in this completed form at JCC or mail it to: Greg Tuttle, 3604State Rt. 49, Central Square, NY 13036. Any Questions, 315-430-9409 or tuttlegreg@hotmail.com