

CELEBRATE LIFE HALF MARATHON TRAINING COURSE

Do you want to run a half marathon but don't know how? Do you need motivation during the long winter months? We have the answer for you!

Come join us as we begin to train for the Celebrate Life Half Marathon to take place Sunday March 14th in Rock Hill, NY. We will meet twice a week for 10 weeks to get ready for the race. Every week we will focus on a different part of running. Topics will include but are not limited to:

- Proper run technique and breathing.
- Warm ups and Cool downs.
- How to increase mileage to avoid injury and illness.
- Injury prevention and what to do if you have an injury.
- Cold weather running. What to wear and how to stay safe.
- Heart rate monitors and how to use them.
- Hill training.
- Speed work for longer distances.
- Hydration and fueling for long races.

The cost of this 10 week program is \$150.00. This includes insurance costs. Classes will begin Tuesday January 5th and run through March 14th. We will also supply the class with additional running workouts for the entire 10 weeks. There will be unlimited e-mail contact with the coaches during the 10 weeks.

COACHES

Head Coach

Barbara Sessa

USAT (USA Triathlon) Certified Coach
ACSM Certified Exercise Specialist
Monroe Woodbury PE Teacher
USAT All-American
Local Elite Runner
www.barbarasessa.com

Assistant Coach

Penny Sorbello

USAT Certified Coach
USAT All-American
ASCA Swim Coach
Asst. Swim Coach West Point
Triathlon Team

CLASS STRUCTURE

Tuesdays:	6:00 PM	Middletown Psych Center, Middletown, NY
Saturday	8:00 AM	Race Site, Rock Hill, NY (exact place TBD every week) OR
Sunday	8:00 AM	Race Site, Rock Hill, NY (exact place TBD every week)

For your weekly scheduling convenience, all athletes will be able to choose either Saturday AM or Sunday AM session. One coach will be at each weekend session.

All workouts will be done OUTSIDE! Athletes will need to dress for the elements and be prepared to run in the cold. We will supply a list of items that will be helpful to wear for these workouts.

Tuesday night workouts will take place in a very low traffic, lighted area that is directly across the street from Monhagen Middle School in Middletown. We are in the process of trying to obtain an indoor facility. In case of bad weather make up classes will be held on Wednesday nights at the Psych Center.

We would also like to add that the Celebrate Life Half Marathon is a very big fundraiser for CROC (Citizens Reunited to Overcome Cancer). This organization raised over \$15,000 last year to help families in Orange and Sullivan counties. Please go to their website to find out more information. A portion of the proceeds from this training course will be donated back to this great cause.

www.celebratelifehalfmarathon.com.

If you would like to take part in our training program but would like more information please feel free to contact us.

Barbara Sessa (845) 551 - 2164 sessa@hvc.rr.com
Penny Sorbello (845) 235 - 3393 pennysorbello@msn.com

We need a minimum of 10 participants to hold this program and will take a maximum of 25 so please register early if you're interested!

We look forward to working with you!

Barbara and Penny

If you would like to register now, please submit the form below with a check made payable to Barbara Sessa and mail to: 787 Ridgebury Road
Slate Hill, NY 10973

Name: _____

Address: _____

Home Phone: _____ Cell Phone: _____

Email: _____

Have you completed a running race before, if so what distance(s):

An information packet and liability waiver will be provided upon registration.