

How to Join the Program

For New Runners: You can sign up for *SRRC* on line right now by visiting our **website** then send an e-mail to jumpstart@srrunners.org to confirm your participation.

For Existing *SRRC* Members: The program is **free** for current *SRRC* members, who just need to send an e-mail to jumpstart@srrunners.org to confirm attendance. (Make sure your membership is current!)

When Does It Start?

The JumpStart orientation session is scheduled for Saturday, January 21st at 9:00 a.m. at the South Riding Panera. At this session you will receive details about the 8-week training program, a training plan and log, and running/walking tips.



Winter Session Orientation:
Saturday, January 21, 2012
9:00 a.m.
Panera, South Riding, VA

Struggling to get it in gear after the holidays?

Looking for an excuse to get active and fit in the New Year?

Join JumpStart



New Runners' Program in South Riding

South Riding Running Club



On the web:
www.srrunners.org

E-mail:
jumpstart@srrunners.org

A Friendly Program for Beginning Runners

SRRRC

JumpStart

Have Fun and Feel Good

A Friendly Program For Beginning Runners

If you have considered starting a running or walking program or feel like reenergizing your fitness regime, this is a great way to begin.

The SRRC JumpStart program provides guidance and coaching to help you begin your fitness regime. You do not need any special experience or preparation to join—just a desire to have fun and feel good.

The goal of the program is to prepare you in eight weeks to complete a 5k (3.1 mile) race. The training program runs from January 30th to March 25th with a graduation run at the Red Shoe 5K in Herndon. Coached training runs are held every Saturday and Sunday at 7:00 a.m. with the SRRC.

The program includes an orientation class, coached weekend training sessions, 5K training plan, and e-mail access to our JumpStart coaches.



Your Fitness Challenge

The JumpStart training plan shows you the entire schedule in advance, and in addition to coaching, it includes plenty of rest days to help your body adjust quickly to the new demands.

Remember, too, that you have the support of other SRRC members and the JumpStart coaches to help you reach your goal. *You won't be on your own.*

You'll get a realistic training plan, tips to help you train, and group support. Plus, it's a great way to make friends and start out 2012 in a healthy way!



Everyone is Welcome

You can sign up on your own or with a couple of friends. You can come out to run or to walk. Everyone is welcome and encouraged to participate regardless of age, gender, athletic inclination, and goals.

Where Do We Meet?

The coached training runs will meet at the same location as the SRRC weekend runs, usually at either the South Riding Starbucks or Panera. You can always find the current run schedule on the SRRC website: www.srrrunners.org.

Sign Up Now

Don't procrastinate! Sign up before spots in the January 21st orientation session fill up. A running coach from SRRC will contact you with details. We look forward to having you join the program!

Participants are responsible for the Red Shoe 5K race entry fee of \$30 if you register before March 1st. Check www.redshoe5k.org for race details. A registration and waiver form is required and must be completed and signed prior to starting the program.

Runners under the age of 14 must be accompanied by an adult. All participants are responsible for their own safety. If you have any health problems or are taking any kind of medication, it's important to check with your doctor before starting any exercise program.

www.srrrunners.org