

Join us for the

# runsteady

training program

Only  
**\$35**  
for the entire  
program!



Join us for a special training program for runners of all ages and abilities, conducted under the auspices of the Nassau County Department of Parks, Recreation & Museums and the Greater Long Island Running Club.

**Only \$35 for the Entire Program!**

Ten training sessions to be held at Cedar Creek Park, Eisenhower Park and Old Bethpage Village Restoration at 8:30 AM on weekend mornings from October 1st through December 9th (skipping Oct. 28/29 weekend).



NASSAU COUNTY EXECUTIVE  
**ED MANGANO**



- First session is at Cedar Creek Park
- Subsequent session locations to be determined
- Group Training Runs
- Learn proper stretching, warm up drills, how to increase mileage and endurance and much more!
- Discussion topics from nutrition and injury prevention to foam rollers and running gear
- Training guides and handouts
- All participants get a SURPRISE top quality merchandise giveaway!

**Sign Up Online at [GLIRC.org](http://GLIRC.org)**

**For more information contact:** Debbie Blair at [deborah.blair1@gmail.com](mailto:deborah.blair1@gmail.com) or call GLIRC at (516) 349-7646

## RUNSTEADY TRAINING PROGRAM

**Mail form and \$35 check payable to GLIRC to:**  
GLIRC - Attn: DEBBIE BLAIR 101 Dupont Street, Suite 24, Plainview, NY 11803

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

In consideration of your accepting me into the RunSteady Program, I, the undersigned, for myself, my heirs, executors and administrators, hereby waive, release and hold harmless the County of Nassau, the Greater Long Island Running Club, and all their agents, representatives and employees, from any and all liability, claims and causes of action of any kind arising out of my participation in the RunSmart Program. Further, I hereby grant the foregoing organizations to use photographs and any other visual or audio recordings of the Program and my participation in it for any purpose whatsoever.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_