



# Running Program

## Albany JCC

### WHAT:

The Albany JCC is offering an 8 week running program geared toward runners (or aspiring runners) who would like to participate in their first 5k, improve their finishing time for a 5k, or to step up from a 5k to a 10k or 10k to a 15k.

Participants will receive individualized coaching; along with goal setting, tracking, and email correspondence with Coach Brian Dobens to provide support throughout the program. Participants will meet weekly for a brief lesson & discussion, which will be followed up with a group run. Additionally participants will receive training programs to follow on their own. The culmination of the program will be the September 11th Dunkin.

### WHEN:

This program will kick off on Monday, July 18th and continue for 8 weeks.

**Day:** Monday

**Time:** 6:00pm

### REGISTRATION:

Registration fee: \$80 JCC members, \$100 non-members.

Sign up today at the Member Service desk!!!

For more info. or to register for the program please contact [DerrickR@Albanyjcc.org](mailto:DerrickR@Albanyjcc.org)