

THE HUMAN RACE

The ProActive Running Club will lace up soon. *ARE YOU READY TO RUN?*

WHO:

Anyone who is a runner or has a goal to become a runner. Reach for your goals! If your goal is to run the marathon, or to run 5 miles, we have a program for you. Individual programs will be set for everyone.

WHAT:

ProActive is offering an organized running group for beginner, intermediate and advanced runners with guest speakers, education and great training tips. Program scheduled to coincide with Lincoln's Marathon & Half-Marathon on May 6, 2012.

WHAT:

The first meeting for all runners is 1 p.m. on Sunday, Jan. 22, 2012, in Education Room. Organized runs will be held on Tuesday nights at 6 p.m. and also on alternating Saturday/ Sunday mornings. Starting times will be determined per mileage. We will also hold speed and interval workouts on the treadmill and in the aqua track weekly.

COST:

\$125 member, \$150 non-member. Register at the front desk by Jan. 20.

PROGRAM LEADER:

Julie Groeteke, Group Fitness Instructor
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