



# Halfsy Training

Fall 2017

### Contact Information

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## Halfsy Training

Learn how to run a half marathon or how to run a faster race. This training has been created to help participants train to participate in The Good Life Halfsy on Sunday, October 29, 2017, but it is open to anyone. Run with participants at your fitness level, this training is designed for all runners. You will receive a training schedule and individual help. This is a positive and encouraging group to train with. Class sessions will include topics on the aspects of nutritional, physical and mental training for the half marathon.

### Session/Registration Dates & Age Requirements

#### Session Dates

August 3 - October 26

#### Registration Date

Begins June 16

#### Age Requirements

Must be 18 years old to register for this class unless approved by Health and Wellness Director.

#### Time

Thursdays

- 6:30 pm—class session followed by group run

Sundays

- 8:00 am—group long run session

Mondays

- 6:30 pm—yoga class

#### Fees

Y Member	\$50
Y Non-Member	\$75
Y Member—*Past Y Halfsy Training Class Participant	\$40
Y Non-Member—*Past Y Halfsy Training Class Participant	\$65

\*Registrants that have participated in the Downtown YMCA Halfsy Training Class in the past are offered a \$10 discount off of the registration fee. Discount is not eligible for online registration, you must mail in or drop off your registration at a YMCA branch.

#### Class Details/Benefits

- All group runs will begin at the Downtown YMCA unless arranged otherwise
- Injury prevention and strength training
- Yoga class on Mondays
- Optional weekly strength training class (additional cost)
- Two organized group runs each week
- Training partners for life

Downtown Y



## About the Instructor

Ann Ringlein and members of The Lincoln Running Co. Staff will guide you through the Halfsy Training in a positive energetic way. Not only will you enjoy finishing a half marathon, you will enjoy the process! Ann has had many experiences with distance runners of all levels, and will share her knowledge with beginners as well as advanced runners. Ann is the manager of the Lincoln Running Company and has been a competitive runner for over 30 years. She was the Assistant Cross Country and Track Coach at Nebraska Wesleyan University for 20 years.

## Registration Information

### Online Registration Available - [ymcalincoln.org](http://ymcalincoln.org)

To receive your user ID and pin number, please contact the Downtown YMCA front desk at 434-9260. Or complete the registration information below and return with payment to the front desk at the Downtown Y.

### Facility Usage Policy

YMCA Members are allowed to use all YMCA facilities during all hours of operation. Members must always check in at the front desk when entering the facility. Non-Members that are paid participants in the Halfsy Training class are allowed to use the Downtown YMCA locker areas directly before and after scheduled class sessions and are allowed to attend all scheduled class sessions in the YMCA. When entering the facility, Non-Members must sign in at the front desk. Non-Members are also allowed to use the Downtown YMCA due to inclement weather or injury rehab during the following days/times: Tuesdays and Thursdays, 5:00 am to 7:00 am and 8:00 pm to 10:00 pm. During these hours, Non-Members will be required to provide a photo ID and sign in to use the facility.

### Lincoln YMCA Refund Policy

A requested refund 2 business days prior to the start of any activity or class will be issued as 100% credit. After that a 50% credit will be issued prior to the start date of the activity. After the start of the class, no refunds will be given. If the YMCA cancels a class or program there will be a full refund.

### Photo/Video Disclosure Statement

The YMCA of Lincoln, Nebraska may on occasion take photographs and/or video of its members or program participants for use in print materials or by electronic methods. Your entry into YMCA facilities, participation in YMCA programs or participation in YMCA events grants permission for the YMCA of Lincoln, Nebraska to use these photographs and/or video in its marketing and public relations efforts.

## Halfsy Training Class Registration

Name \_\_\_\_\_ Phone \_\_\_\_\_ Date \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_  
Email \_\_\_\_\_ Birthdate \_\_\_\_\_ Age \_\_\_\_\_

The YMCA Annual Campaign provides assistance to Lincoln's youth and families, helping cover the cost of YMCA programs and membership including youth sports activities, swim lessons and camp. Please consider making a contribution, thank you!

Registration Amount \$ \_\_\_\_\_  
Campaign Donation \$ \_\_\_\_\_  
Total Amount \$ \_\_\_\_\_

Select one:  Cash  Check  Visa  MasterCard  Discover

Card Number \_\_\_\_\_ Exp. Date \_\_\_\_\_

YMCA Staff: Please receipt and return to the Health and Wellness Director

Y Member	\$50
Y Non-Member	\$75
Y Member—*Past Y Halfsy Training Class Participant	\$40
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Cooper	Downtown	Fallbrook	Northeast	Youth Sports	Camp Kitaki
6767 S. 14th Street Lincoln, NE 68512 (402) 323-6400	1039 P Street Lincoln, NE 68508 (402) 434-9230	700 Penrose Drive Lincoln, NE 68521 (402) 323-6444	2601 N. 70th Street Lincoln, NE 68507 (402) 434-9262	570 Fallbrook Blvd., # 210 Lincoln, NE 68521 (402) 434-9217	570 Fallbrook Blvd., #210 Lincoln, NE 68521 (402) 434-9225

[ymcalincoln.org](http://ymcalincoln.org)