



# JOIN INWOOD RUN CLUB

Live up to your personal best with the club that gives you the camaraderie and confidence to succeed!

## Club Benefits

- 1 Discount on Joliet Park District Races (20%)
- 2 Outdoor runs at various locations and times
- 3 Speed Training & Specialty Fitness Classes
- 4 Specialized lectures/workshops
- 5 Special logo t-shirt
- 6 Social get-togethers
- 7 Banquet honoring member's accomplishments

## WINTER SPECIAL

### COST

\$45/Provena Saint Joseph Inwood Athletic Club members and current Run Club members  
\$75 non-members (program #2-4740-12)

### MEMBERSHIPS

February 1, 2012 – August 13, 2012 (on-going registration)

### AGES

13 and up

Questions? Call 815.741.7275 ext. 201

# RUNNERS RULES



- **Running in the cold is hard on the body. Try putting your running clothes in the dryer before a run for a few minutes to warm them up and yourself.**
- **Starting a new training schedule? Remember your running shoes. A runner should get new running shoes every 3 months or 300 miles. The shoe might look great outside but a lack of internal support can aggravate existing imbalances.**
- **What is your body worth to you? Buying a good running shoe from a reputable store is a great investment in your running future. DNA Running Store in Crest Hill can help with the perfect fit offering a discount to any Inwood Run Club member.**
- **Become a smarter, faster, and better runner by joining the Inwood Run Club. There are weekly workouts, lectures, speed training and runs. The 8-week training program for the Rockdale Ramblin' Run starts Monday, February 27th, so don't miss out — join now!**
- **As we run in the cold weather, we lose heat from the top of our head. Keeping your head and hands warm will help keep the heat in and the cold out.**
- **Starting a training schedule is easy. Keeping on schedule for 8 – 18 weeks is harder. If you miss a weekly run, don't dwell on it. Begin again the next day with a positive attitude and you will succeed.**
- **When running outside remember to dress like it's 20° warmer than the actual temperature. No matter what season, overheating can cause headaches, dehydration and disorientation.**
- **Safety is always an issue with outside running. When running alone let someone know the route, miles and how long it will take. Using music is great but be aware of your surroundings. You may see the car but they might not see you.**
- **Outside runs take you places, inside runs on the treadmills keep you honest.**
- **When you're with a running group or running partner, they will help you achieve your goals and keep you motivated to stick to your training program. They become your best friends.**