Running in the Shoreline Classic?

Get up to speed with AthletiCare.

Shoreline Squad is a 13-week program that is led by certified athletic trainers from AthletiCare at St. Mary's Hospital. As part of the Squad, you'll receive a running/walking schedule, a runner's/walker's log, a Shoreline Squad race jersey and entry to the Shoreline Classic. You'll also enjoy the camaraderie and support of other beginning runners and walkers.* Experienced runners are also welcome - both 5k and 15k training programs are available.

**Walkers of all skill levels are encouraged to join one of our NEW walking programs.*

Registration & Packet Pick-up

Nelson Park Pavillion #1
June 21, 2011
5:15pm - Leader Orientation
6:00pm - Runner and Walker Orientation
6:45pm - New Runner and Walker Q & A

Training Runs/Walks

Nelson Park Pavillion #1
Every Thursday beginning
June 23 at 6:00pm

What group will I be in?

Runners and walkers will be assigned to a group based on their ability level determined on the first night of training.

Who can join?

Runners and walkers of all abilities. Children under the age of 16 are welcome to join, however, they must be under the direct supervision of a parent/ guardian and will be assigned to the same group. Please consult your family physician before undertaking any new exercise routine.

To Register

Go to ***www.shorelineclassic.com*** and click on "Shoreline Squad Sign Up."

Find us on Facebook by searching for Shoreline Squad.

Cost

Includes entry fee for the Shoreline Classic run, on Sunday, September 18, 2011
$50 for Participants 17/Under
$60 for Decatur Running Club Members
$70 for non-members

Shoreline Squad Leaders Needed

If you are an experienced runner or walker and would like to help with training, please contact shorelinesquad@gmail.com. All squad leaders receive ***free*** entry into the race and ***free*** Shoreline Squad jersey.

To Learn More

Call 217.464.7530 and ask for the Shoreline Squad.

St. Mary's Hospital | AthletiCare
AN AFFILIATE OF HOSPITAL SISTERS HEALTH SYSTEM

Proud sponsors of the Shoreline Classic run.

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