**Welcome! We are so glad you joined us!**

**3 Keys to Beginning Running Success:**

1. **Goal:** Ebensburg Homecoming 5K Race July 27, 2013
2. **Accountability:** We’ll be waiting for you on Wednesday nights!
3. **Running Buddies:**  The value in running buddies cannot be underestimated! We are all here to support, encourage and have fun!

**Basic Information**

* Meet Wednesday evenings at 6:15 at the track
* We will organize group training runs on Saturday mornings at the Ghost Town Trail, Municipal Field Parking Lot (if there is interest)
* Bring your own water bottle

**Week #1 Training Tips**

* **Shoes** Pay a visit to your local independent running store. Often these smaller stores have more knowledgeable staff than the big box retails stores. Many provide gait analysis which reveals your foot strike pattern. Knowing this will determine whether you overpronate, underpronate or have a neutral gait which will help in selecting the best shoe for your foot type. Don’t skimp on your shoes. (Local Running Stores: Gingerbread Man, Indiana PA; Foxtrot Runners, Duncansville PA; Up n Running, Valencia PA)
* **Hydration**  Be sure to drink about 20 oz. of water about two hours prior to running. This will give it time to pass through your system and be voided before your run. During your run, drinking water is fine. (Sports drinks to replace electrolytes are unnecessary unless you are running 45 minutes or longer).
* **Be in Tune with your Body** Listen to your body. If you’re feeling something other than regular workout-related muscle soreness, don’t run. Running through the pain is never a good idea. If you’re experiencing pain along your shin, hip, IT Band or any area of the body that’s beyond normal muscle soreness, ice it, elevate it, and use your normal choice of anti-inflammatory medication and rest. When you no longer feel any pain, ease back into your running. If the pain persists, don’t let it linger. Go see your doctor.