

# RiverPlex Running Club

## **Objectives:**

- A.** To encourage and promote running to novice runners
- B.** In conjunction with objective "A" this association may hold races on the road or track, lectures, fun runs, other educational activities, demonstrations, clinics, and social events.
- C.** To encourage the benefits of cross training by utilizing other programs and equipment that the Riverplex offers.

**Affiliation:** Initially the program will be run solely by the Riverplex in hopes of teaming with Running Central, the local running store in Peoria.

**Members:** This program will be offered to RiverPlex members. Temporary memberships will be offered to any non-members for the duration of the program.

## **Finances:**

Dues will include: T-shirt and trainer expenses.

**Separate fees for runners:** Entry fees, training gear, membership dues, and optional physical assessments.

## **Organizers:**

**Coaches:** Peggy & Larry

**Trainers:** Amber, Brian, and all other trainers who wish to participate

**Instructors:** Matt (RPM) Kim (RPM, Yoga, and core classes)

## **Training Schedule:**

Tuesday & Thursday 6am runs

Wednesday 5:30pm runs

Saturday 10am run followed by strength training led by trainers

**Fees:** \$75.00

(\$20 for T-shirt, remaining \$55.00 for training sessions & Nutrition consultations)

**Start Date:** Feb. 28<sup>th</sup>

Total Training 8 weeks

**Training Event:** Wildlife Trail Classic

-April 25<sup>th</sup>

-Wildlife Prairie State Park

(located on Taylor Road between Routes 116 and 8, ten miles west of Peoria)

**Additional Services:**

- Bod Pod (\$25)
- Weight Room
- Pool
- Body Circumference
- Group Exercise Classes over 100 classes weekly)
- Facility along side jogging trail
- Nutritional Counseling

**Workshops/weekly emails:**

- Shoe fittings & clothing talk
- Pre and post exercise nutrition talk
- Importance of cross training
- Importance of hydration
- Healthy recipes
- 20% coupons to running central