

**Midwest
Physical
Therapy
& Sports
Center**



Moving you to wellness.

Beginner's Luck Clinic Aims to Help First-Time Runners

For the second consecutive year, Beginner's Luck will aim to help people of all ages start a running program, lose weight and participate in an organized road race.

Last year, more than 160 people participated in the fun, 8-week course designed to help first-time runners develop a running program and/or prepare for the Lincoln Corporate Run (2-mile or 5-mile). This year's Corporate Run will be held Sunday, June 27 in Lincoln.

Beginner's Luck will meet 7-8 p.m. Wednesdays from May 5-June 23 at Midwest Physical Therapy and Sports Center, 3901 Pine Lake Road. Each week, a local professional will present information on various topics relevant to running, such as nutrition, lifting weights, footwear, apparel, stretching, preventing injury and keeping motivated.

Speakers include Anthony Bull of Creighton University, Ann Ringlein of the Lincoln Running Company and Molly Kroeker of Midwest Physical Therapy and Sports Center.

"This course is for true beginners. Last year, we took people who had never run before and trained them to make running part of their lifestyle. We had a lot of fun and by the end of the course, many actually entered their first road race," says Kroeker, an avid runner and physical therapist.

Participants will also go for a group run, which will be tailored to the needs of the individuals. Workouts will include a warm-up, cool down, and stretching, and will get progressively tougher each week, to gradually build the runner's fitness level. People who participated in last year's clinic are welcome to return in 2004.

The \$15/person registration fee includes course instruction, t-shirt and water bottle. Early registration is encouraged. Forms are available at Lincoln Running Company, 1213 "Q" Street and Midwest Physical Therapy locations at 3901 Pine Lake Road or 6900 "A" Street. For more information, call Ann Ringlein at 474-4557 or Molly Kroeker at 436-2989.

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CUTLINE: More than 160 beginning runners participated in the Beginner's Luck clinic held for the first time in 2003. The 2004 clinic was held May 5-June 23. For more information, call: 486-2989 or 474-4557.



For more information, contact:

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