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4th Annual Beginner's Luck Running Clinic Begins May 10

LINCOLN—More than 200 people are expected to participate in the fourth annual Beginner's Luck running clinic, which begins Wednesday, May 10. Organized by running and health professionals, this fun, eight-week clinic helps people of all ages start a running program, lose weight and prepare for the Havelock Bank Run (3-kilometer or 10-kilometer) on Saturday, June 17.

Beginner's Luck will meet 7-8 p.m. Wednesdays from May 10-June 28 at the Lincoln Orthopaedic 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.

“We're thrilled to offer this popular program again this year. It's terrific to see people who have never run before make running a part of their daily lifestyle through participation in Beginner's Luck,” says Molly Kroeker, an avid runner and physical therapist with Midwest Physical Therapy and Sports Center. “There are a lot of people out there who want to become more active but aren't sure where to start. We help them get started safely and help them have fun while exercising, so they stick with it.”

Speakers include: Dr. Matt Reckmeyer of the Lincoln Orthopaedic Center; Dr. Steve Martin of the Nebraska Heart Institute; JoAnne Owens-Nausler, a motivational speaker and winner of the 1st Lincoln Marathon; Bridget Easley, dietician/nutritionist; Ann Ringlein of the Lincoln Running Company; and Molly Kroeker, of Midwest Physical Therapy and Sports Center.

In addition to hearing speakers, clinic participants go for a group run, which is 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 one of the first three clinics are welcome to return in 2006.

The \$15/person registration fee includes course instruction, t-shirt and water bottle. Early registration is encouraged, as the clinic will be limited to 200. Forms are available at the Lincoln Running Company, 1213 “Q” Street and Midwest Physical Therapy locations at 6900 “A” Street, Suite 102 or 2801 Pine Lake Road, Suite K. For more information, call Ann Ringlein at 474-4557 or Molly Kroeker at 436-2546. The entry form is also available online at: www.MidwestPhysicalTherapy.com

Sponsors for the 2006 Beginner's Luck running clinic include Midwest Physical Therapy and Sports Center, The Lincoln Running Company, Nebraska Heart Institute and New Balance.

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