GLENDALE AZ
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NEWS

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RUNNING SHOES WILL BE NEEDED FOR TWO UPCOMING PROGRAMS

Glendale, Ariz. — Get off the couch and train for a 5K run or start training for a half marathon at one of Glendale's two running programs beginning in September.

Go the Distance! Half Marathon Training Group is a 17-week program that builds up to the P.F. Chang's Rock 'n' Roll Half Marathon held in January. Runners shouldn't worry about speed, but should be comfortable running 10 to 15 miles a week at about four miles an outing without stopping. Runners in this program complete training runs in the pace group they are most comfortable with. Group distance runs will be held at 7 a.m. on Saturdays or Sundays (runners chose one) beginning Sept. 22 starting from the Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr. Training group fee is $82 (non-Glendale resident is $100) and does not include the P.F. Chang's Half Marathon entry fee.

The Couch Potato to 5K beginning running program begins Sept. 29 and will be held at 9 a.m., Saturdays for 11 weeks. During this program runners will gradually increase their endurance and fitness levels, while receiving guidance every step of the way in a fun, group setting. Each session begins with a 30-minute, running-related workshop at the Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr., followed by a group training run. The minimum age is 8 and parent/guardian must be signed up with those under age 16. Those interested in testing their new skills may sign up for the Jingle Bell Run 5K at the Reach 11 Sports Complex on Dec. 15. Program is $35 (non-Glendale resident $45) and does not include the Jingle Bell Run 5K entry.

For more information on or to register for the running programs, call 623-930-4610 or visit www.glendaleaz.com/foothillscenter.

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