



NEWSLETTER

1306 Parkway Dr, Goldsboro

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ISSUE 9 - Summer 2009

Welcome to the Summer 2009 issue of the Goldsboro Gold's Gym Newsletter. The summer group exercise schedule will be coming out in July. Please read the schedule posted on the website and printed schedule at the gym for updates and changes. Enjoy your summer!

- Tracy Behringer, Group X Coordinator

Helpful Hints 4 Summer

- 1. Arrive on time. The warm up is an important part of each class. It prepares the muscles and joints for the work that will follow.**
- 2. FUEL UP! Please make sure that you have eaten something prior to working out. Your body cannot work to its fullest potential without fuel skipping meals does not help with weight loss.**
- 3. Wear proper clothing and shoes. In consideration of others please refrain from using any scented lotion or perfumes before coming to class.**
- 4. Stay for the entire class. The end of class is a stretch segment; studies show that stretching may help reduce muscle soreness.**
- 5. Relax, have fun and enjoy yourself!**

6/06/2009 Tour de Cure 10, 40, 75, 100 miles
Ride 10 miles in Cary or ride 100 miles to Southern Pines and tour the Sand hills country-side! The Tour de Cure is a fully supported ride benefiting the American Diabetes Association!! Come out for fun and exercise!! For more information, please visit our website at www.diabetes.org/tour.

2009 NGRG Women's Beginner Running Program

Brief Description: Registration and introduction to the class will start 6:30 PM on July 23rd 2009 with a shoe clinic at 7:00 PM. Thursday group runs will take place at Lake Lynn community Center at 6:00 PM. All other runs take place at Shelley Lake; Mondays at 6:00 AM, Tuesdays at 6:00 PM, Saturdays at 8:00 AM.

Prices: > Details
NCRC Members: \$50.00
Non-NCRC Members: \$75.00
There is a \$10 fee increase for members and non-members after July 17th.

Sign-up and Questions: Sign up on active.com or **download an application.** Contact womenbeginnertraining@ncroadrunners.org

Thursday, July 23rd, 2009 6:30 PM
Registration & Shoe Clinic
Lake Lynn Community Center, 7921 Ray Rd.
Raleigh, NC 27612

ALL LEVELS OF RUNNERS ARE WELCOME!

23rd Annual Sprint Triathlon

August 8, 2009
Village of Walnut Creek

