



United Healthcare North Carolina Marathon Running Schools FAQs



What are the benefits of joining a UHC NC Marathon Running School?

Participating in a **UHC NC Marathon Running School** will help you take on the challenge of your event under the guidance of a professional Running Coach and with the support of a group of fellow runners. You'll receive guidance, support, and encouragement—every step of your course— and help you work toward a healthy & strong finish. **For more information see [Running Schools Overview](#).**

What kinds of Running Schools are offered?

Whether you are a new runner, a returning runner, or a routine runner, we have a Running School for you! Running Schools are provided for each event —5K, ½ Marathon, and full Marathon. Schools are for women and men of all ages. Our most popular **Women's Only Running Schools** are also available!

What distinguishes the UHC NC Marathon Running Schools from other training programs offered by other running groups?

Our Schools are:

- Organized & conducted by Certified Running Coaches and fitness professionals
- Carefully planned and structured
- Researched-based and systematic
- Educational and practical
- Focused on the individual runner *and* the power of the group
- Not all work---we have F-U-N!

How do I know which Running School is best for me?

Choosing which Running School is right for you is best determined by answering the following two questions: What is my current fitness level? What are my running goals?

Marathon: Congratulations for taking on the challenge! You should currently be able to run 5 miles with a goal of completing 26.2 miles.

½ Marathon: Running a half-marathon is a great way to grow your endurance base and and, if so desired, start building toward running a full marathon. You should currently be able to run 3 miles with a goal of completing 13.1 miles.

5K: Running a 5K (3.1 miles) is an excellent goal for new runners! If you are able to run at least 1 mile or walk for at least 30 minutes three times a week, you'll be off to a super running start!

If you have any questions or need further assistance, call **Liz Lindsay, UHC NC Marathon Training Coordinator** at 336-402-3985. We are more than happy to help you choose the Running School that is right for you!

If I currently only walk, can I participate in a Running School?

If running is your goal, absolutely! Our 5K Running School is the perfect place to start. Each participant begins at her own current fitness level, and after an initial evaluation, is provided an appropriate walk/run training program that safely and effectively helps him or her grow a solid running base.

What if I am not currently active? Can I just start running?

This all depends on your current level of fitness. If you are truly sedentary, start with building a walking base first. Work to a level in which you can comfortably move for at least 30 minutes three to four times a week before you start sprinkling in the running. From there, we'll help you put a proper training plan in place—a plan which you will gradually increase running while decreasing walking. In this way, you safely build your running strength and endurance while minimizing your chance for injury.

When are the Running Schools in session and how long do they last?

Each school lasts 10-18 weeks, depending on the training distance.

Marathon: 18 weeks beginning November 21

½ Marathon: 16 weeks beginning December 5

5K: 10 weeks beginning January 9

When and where do the Running Schools take place?

Running Schools will officially meet each Saturday and take place at various parks and tracks in the Piedmont Triad of North Carolina.

I don't live in the area, but want to be a part of a Running School. How can I participate? Contact Liz Lindsay, **UHC NC M Training Coordinator**, for information about our upcoming **Virtual Schools!**

How much does each Running School cost and can I get a refund if I discontinue a school?

The price of each school varies. Prices are based on the level of training and the time necessary to complete the school. In fairness to all participants, we cannot refund monies for any school not completed. Current School fees:

Marathon: \$195

½ Marathon: \$175

5K: \$125

REGISTER AT OR BEFORE THE RUNNING SCHOOLS KICKOFF ON THURSDAY, NOVEMBER 19 TO RECEIVE A \$10 DISCOUNT! USE THE CODE NCM10.

How do I join a Running School?

It's easy! Simply go www.janesontherun.com. Access the **appropriate School**

Registration Form and the Personal Information & Health History Questionnaire.

Print and complete the forms, then fax, email, or mail it along with a check made payable to

Janes on the Run

at **Greensboro Fitness Company**

2502 A Carroll Street

Greensboro, NC 27408

Note ! Paypal is also available on the Janes on the Run Web Site.

You will be contacted by the **UHC NC Marathon** Training Team when your registration forms are received. **You can also register at the Kickoff and still receive your discount.**

Why run?

Running is one of the most efficient ways to cardiovascular fitness. Running at a moderate pace just 30 minutes a day, three or four days a week will yield a high level of fitness in a relatively short period of time. Why? When you run you are strengthening your heart muscle and training it to pump blood more efficiently. You are also training your body to better utilize oxygen. The stronger your heart is and the more oxygen your body can utilize, the higher your level of fitness.

Other Benefits of running:

- Increases in muscle, bone, and connective tissue strength
- Helps prevent illness & disease
- Promotes weight loss and weight maintenance
- Relieves stress & improves energy
- Fosters self confidence & self esteem
- It is simple and inexpensive. Run at own pace, with or w/out company, pretty much any place you want. AND the least you need is a good pair of running shoes (and ladies, a good running bra!) and you're off!
- It's social. Running offers unique opportunity to connect with other individuals of all ages and backgrounds, and to grow current relationships with family and friends.

For more information on the benefits of running and tips for getting started, download the above mentioned forms.

Note: Before beginning any fitness program, it is recommended that you first consult with your physician.