

## Tips for Running Your First 5K

If this is your very first 5K run (3.1 miles), you are not alone. Not sure how to start training, what type of shoe to wear, etc.? We did our research and found some great tips from the people who monitor our race registration website, [www.active.com](http://www.active.com). We want to share them with you.

- **Slow Down** - Don't be afraid to mix walking with your running. For example: walk five minutes and run two minutes. Repeat for three to five repetitions. Do this three or four days a week.
  - **Increase Mileage** - Build mileage by decreasing the walk intervals and increasing the run intervals for a few days. Keep one or two of the days at the lower walk/run intervals to allow your body to get use to the change. After a few weeks of building up, take a week and cut back. This will help your body recover from your new exercise program. Then gradually build back up. For some, the walk/run intervals will be fine. For others, you may be able to run for longer than two minutes.
  - **Have a Specific Goal Race** - Have a goal race (a 5K or a mile fun run) to help keep you motivated. Look for races in your area and pick one that sounds like fun. Invite friends along so you can do it together. When you find a race, sign up for it right away.
  - **Find A Running Buddy** - Ask friends, family and/or co-workers to join you, or look for group runs, sponsored by local running clubs.
- Get New Shoes** - New shoes can help motivate even seasoned runners. There's something refreshing about lacing up a new pair of shoes. We recommend Dick Pond Athletics for all your running needs. Visit their website at [www.dickpondathletics.com](http://www.dickpondathletics.com), to find the location nearest you.
- **Listen To Your Body** - Remember to take it easy. If you push yourself too hard from the start, you risk an early burn-out. You may also risk injury. Gradually build up your endurance and muscle strength. Begin with a walk/run program as a safe and realistic way to begin your running career.
  - **Strengthen Your Mind** - Take it easy on yourself mentally as well. Be proud that you have gotten off the couch and are moving. Think of the positives while you run. Remember, a 12-minute mile and a six-minute mile are still a mile.

**Take that first step and go out the door!**

**You can support this year's 5K Run-Walk in several different ways.**

- Register at our race website: [www.2nd2None5K.com](http://www.2nd2None5K.com)
- "Like Us" on Facebook at **Like our Run**
- **Become a sponsor.** Contact Marilyn Weisner at 630-897-2127

Make a donation to the *Food For Thought* program. Each \$10.00 donation provides food for one family from two of the weekly Mobile Pantries and helps ensure that the children do not go hungry during the summer break. Go to [www.aurorafoodpantry.org](http://www.aurorafoodpantry.org), click on **2013 2nd 2 None 5K Run & Walk, Food For Thought Program**, scroll down to the secure link at the bottom of the page to make a donation. Thank you for supporting our program.

We look forward to seeing you at the race!

Sincerely,

Theresa Shoemaker  
Executive Director  
Communities In Schools

Marilyn H. Weisner  
Executive Director  
Aurora Area Interfaith Food Pantry

