

FREE RUNNER'S CLINIC
Introducing FI's New Running Program

Tracks & Trails

Presented by

Patty Zebersky

and Special Guest

John Hanc

**Monday
June 14th
11:00 am**

**and
Wednesday
June 16th
7:00 pm**

Anyone interested in this exciting new program should plan on attending one of these free clinics. Program Instructor Patty Zebersky will share her training philosophy and discuss the program structure, cost, and other important information.

Patty Zebersky

Patty is an AAPTE Level I Certified Fitness Instructor since 2003, the Head Coach of the Men's and Women's NCAA Division I Cross Country teams at Hofstra University for 10 years, the Head Coach of the boys and girls Track and Field teams at Hicksville Middle school for 10 years, a volunteer strength and conditioning coach to various youth and scholastic teams, including the Farmingdale Varsity Girls Lacrosse Team—the 2009 New York State Class A Champions and the United States High School National Champions.

John Hanc

John, an associate professor at The New York Institute of Technology where he teaches courses in journalism and writing, is an acclaimed author of numerous books and articles. His books include *The Essential Runner*, *Running For Dummies*, *Racing For Recovery*, *Jones Beach: An Illustrated History*, and, most recently, *The Coolest Race On Earth*. He has published articles in such titles as *Runner's World*, *Newsday*, *Family Circle*, *Men's Fitness*, *The New York Times*, *Yoga Journal*, and *Smithsonian*. He completed his 27th career marathon in October, 2009.