



TRAINING CLINIC

ON-SITE TRAINING CLINIC FOR BEGINNERS

Please join Jerry Frostick, Race Director and Owner of J&A Racing as he talks about starting a running program, how to manage your time, how to add distance to your run or walk, setting goals for fitness and how to make it all fun.

Jerry's philosophy is fun first, fitness next. He firmly believes that if you make exercise fun, there is nothing that you can't do! Jerry Frostick has been the heart and soul of the Hampton Roads running community for many years. Today he is the Owner and Race Director of J&A Racing, a nationally known race management company based in Virginia Beach, Virginia, with a mission to promote and support healthy lifestyles and the sport of running through the development and growth of their seven running events throughout Hampton Roads. He has competed in Ironman distance triathlons and marathons. Jerry has been coaching athletes of all levels for over 20 years. He focuses on teaching fitness as a lifestyle, not as a job or an obligation. Ultimately, fitness is something we do for fun, and it should be a stress reducer not an added stress.