



Pinal County Wellness Coalition and Florence Flyers



About Florence Flyers

Florence Flyers running club is open to runners of all abilities: whether you want to walk/jog or you are a seasoned veteran the club has something to offer you. Members have their own goals. Some just want to lose weight and get in shape while others are looking for a 'personal best' in their next half marathon. If you have been thinking about taking up running or getting back into it after a break then come along and join in the fun.

The Florence Flyers meet every Monday (except holidays) at 5:30 in the Pinal County parking lot on Butte.

<http://www.florenceflyers.net>

Benefits from Running

The benefits from running are widely documented. Here are just a few of them:

- weight loss
- fights aging by preventing muscle and bone loss
- fight disease
- reduces risk of stroke, breast cancer, diabetes, hypertension, heart attack
- lowers blood pressure
- reduces cholesterol,

Here are some useful links that explain the benefits of running:

<http://www.therunnersguide.com/benefitsofrunning/>

http://running.about.com/od/gettingstarted/a/101whyrun_2.htm

Florence Flyers and Pinal County Wellness Coalition

The vision of the Wellness Coalition is to encourage employees to take care of themselves by eating right, controlling their weight, exercising regularly, stop smoking, never drink and drive, and always wearing their seat belts. Florence Flyers provides runners with a warm, friendly and motivating environment in which to exercise regularly through running and thereby fulfill many of the goals of the Wellness Coalition.

Although the running club counts many experienced long distance runners among it's members, the club does not have a running coach. Florence Flyers is

requesting assistance from the Pinal County Wellness Coalition to help promote and finance a presentation from professional running coach David Allison on October 23, 2008. Through coach Allison's presentation we hope to promote the running club, impart valuable training and motivational information to club members.

Running in Arizona is increasing in popularity with races like P.F. Chang's Rock 'n' Roll Marathon. Many running club members have already registered this and other races. The presentation by Coach Allison will help runners (club members and others) prepare for these races with training tips and advice on what to do and what to avoid as race day approaches.

<http://www.rnrz.com/home.html>

Meet the Coach

David Allison has been a competitive middle distance and distance runner for 30 years. Coach Allison was born and raised in New York, and has had success in club, high school, collegiate, and post-collegiate running. He has coached youth club teams, middle school, and high school teams both in Europe and in the U.S. He is the head men's and women's cross-country coach at GateWay Community College.

<http://www.marathoncoachaz.com/meetCoachAllison.htm>