



# SANTIAGO CHIROPRACTIC ASSOCIATES

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## LINCOLN TUNNEL 5k WALK/RUN CHALLENGE 2014



**Lake Hiawatha, NJ, Feb. 2014**—It's that time of the year again! Time to join Team *Santiago Chiropractic* in our 5th year of participating in the Lincoln Tunnel 5k Walk/Run on April 27, 2014 to support the Special Olympics of New Jersey. All patients, family and friends are welcome.

This year we look forward to seeing both new and returning faces at the race. To help encourage your success we are providing an 8 week training program (*See Page 2 of this newsletter*) for beginner, intermediate or advanced runners. The programs are set to begin on March 3rd. Whether this will be your first 5k or you are looking to improve upon a past time, these programs will ensure you are prepared for the event.

Santiago Chiropractic is also proud to offer additional assistance in preparation for the race. Before beginning your training schedule, you may want to consider an appointment with our newest staff member, Exercise Physiologist, Daren Clancy. Using our MicroFit Health and Wellness Assessment, Daren will be available to help clear you for training or to track progress as you work through the 8 weeks of training. This is a perfect opportunity to see how hard work pays off.

Following clearance for training you may also take advantage of SCA's massage therapist and certified running coach with Team in Training, Melissa Muilenburg, who has offered to provide one-on-one or group consultations for participants who are interested.

Once you have registered for the race (see directions below), you will receive email updates from our office to fill you in on the specifics for the day as it gets closer. In the meantime, please call our office or email Dr. Julie with any questions at: [dr.scarano@santiagochiropractic.com](mailto:dr.scarano@santiagochiropractic.com).

PS—*For those wondering, we will also be continuing our tradition of hosting a tail-gate party following the event in our brand new and improved location!*

### Directions to Register:

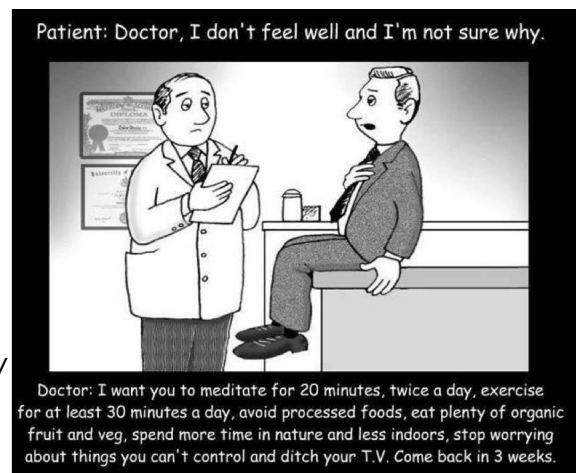
- Go to [www.LTC5k.org](http://www.LTC5k.org)
- Click on "LTC5K Registration"
- Read the waiver and Click on "I agree"
- Click on "Join a Team"
- Select "Santiago Chiropractic"
- Click "Continue"
- Follow the Directions to complete registration



**Daren Clancy,**  
*Exercise Physiologist*



**Melissa Muilenburg,**  
*Massage Therapist/  
Run Coach*





## 5k Training Plan for Beginners\*

WEEK OF:	MON	TUE	WED	THU	FRI	SAT	SUN
3/3/14	Rest or run/walk	1.5 m run	Rest or run/walk	1.5 m run	Rest	1.5 m run	30-60 min walk
3/10/14	Rest or run/walk	1.75 m run	Rest or run/walk	1.5 m run	Rest	1.75 m run	35-60 min walk
3/17/14	Rest or run/walk	2 m run	Rest or run/walk	1.5 m run	Rest	2 m run	40-60 min walk
3/24/14	Rest or run/walk	2.25 m run	Rest or run/walk	1.5 m run	Rest	2.25 m run	45-60 min walk
3/31/14	Rest or run/walk	2.5 m run	Rest or run/walk	2 m run	Rest	2.5 m run	50-60 min walk
4/7/14	Rest or run/walk	2.75 m run	Rest or run/walk	2 m run	Rest	2.75 m run	55-60 min walk
4/14/14	Rest or run/walk	3 m run	Rest or run/walk	2 m run	Rest	3 m run	60 min walk
4/21/14	Rest or run/walk	3 m run	Rest or run/walk	2 m run	Rest	Rest	<b>LTC 5K!!</b>

## 5k Training Plan for Intermediate/Advanced Runners\*

WEEK OF:	MON	TUE	WED	THU	FRI	SAT	SUN
3/3/14	Rest	3 m run	5 x 400	3 m run	Rest	3 m run	5 m run
3/10/14	Rest	3 m run	30 min tempo	3 m run	Rest	3 m fast	5 m run
3/17/14	Rest	3 m run	6 x 400	3 m run	Rest	4 m run	6 m run
3/24/14	Rest	3 m run	35 min tempo	3 m run	Rest	Rest	<b>5-K Test</b>
3/31/14	Rest	3 m run	7 x 400	3 m run	Rest	4 m fast	6 m run
4/7/14	Rest	3 m run	40 min tempo	3 m run	Rest	5 m run	7 m run
4/14/14	Rest	3 m run	8 x 400	3 m run	Rest	5 m fast	7 m run
4/21/14	Rest	3 m run	30 min tempo	2 m run	Rest	Rest	<b>LTC 5K!!</b>

\*Before beginning either of the training plans above, please see Dr. Scarano or Dr. Santiago for further instruction/definitions of fast, run, tempo, etc. and to help determine which plan is right for you!