

NEW LEADERS *on the Run*

Improve your health and fitness in 2009 with our 4-part series!

Get Started: In the Know and Ready to Go!

The Shops at Columbus Circle- Time Warner Center, 2nd Floor

Stop by The Running Company and get you ready to go for the 2009 season.

Staff will provide you with help in choosing the right sneakers & clothing for all levels of runners.

Mention NYP-NewLeaders at the register and enjoy a 15% discount on items purchased.

Get Going : Spring 4 Mile Race

Sunday, May 31 — 8:30 am

Central Park, 72nd Street Race Start & NewLeaders Hospitality Table

Get up and get going on a Spring morning with NewLeaders and the New York Road Runners at this exciting 4 mile race! Not a runner? Join us at the NewLeaders table in the hospitality area and enjoy bagels & coffee while cheering on your friends as they cross the finish line.

Children's race & activities will be ongoing throughout the morning in Central Park at the race site.

\$20 for New York Road Runners members, \$40 for general entry

All participants registered thru NewLeaders will receive a NewLeaders dry-fit t-shirt, water bottle & bag!

Register now: 212.342.1504 or [online](#)

Stay Healthy: NewLeaders Educational Event

June 2009 — 6:30 — 8:00 pm

Hosted by Amy & Jeff Tarr, Central Park West & 105th Street

We all get aches and pains when training... what if the pain doesn't go away? Is surgery the best option? Leading NewYork-Presbyterian Hospital physician(s) will discuss the innovative techniques available to treat muscle, tendon, ligament and joint injuries without surgery. Learn the top tips for staying injury free and the current methods to treat injuries, such as injecting your own blood cells into the injured area.

Save your spot now: 212.342.1504 or [online](#)

Keep Going: NewLeaders Fall Race

Date TBD, August or September 2009

Central Park, 72nd Street Race Start & NewLeaders Hospitality Table

Keep training throughout the summer & join us for our Fall race! More details to follow

www.newleadersnyp.org

Log-on to view our upcoming events calendar, photos, volunteer activities and sign-up for membership