



RUNNING/WALKING CLASS IS PERFECT TRAINING TOOL FOR ANY FITNESS LEVEL

Delgado's Allied Health Division is pleased to offer an enhanced running/walking training credit elective course in fall 2009: SPAL (Special Topics in Allied Health) 107-101.

The class will give students the opportunity to choose to train for either a 2 mile race (Celebration in the Oaks), a 5 kilometer/3.1 mile race (Fall Classic) or 5 mile race (Turkey Day Run, one of the oldest non-marathon road races in the United States).

Students will learn to develop a running/walking plan that fits into their schedules and matches their abilities, earn one college credit, improve their health and reach their running/walking goals.

The class offers weekly runs, assessments, reviews and discussions filled with useful information geared to any fitness level. Students of any fitness level – beginner to advanced – are invited to enroll.

Advanced registration for fall semester classes is being held now through Aug. 7, and regular registration will be held Aug. 12-14 for classes beginning Aug. 15.

For more information about the running/walking training course, contact Mike Ricca at (504) 671-5486 or [micca@dcc.edu](mailto:micca@dcc.edu).