



[Click here for North Jersey Masters' Race Calendar](#)

Get the rundown on your club. News, events, tips and more in The Quarter Turn. **NJM's new quarterly newsletter.** Guaranteed to inform and inspire!

Here's what you can expect in our second edition of The Quarter Turn:

- * Interviews with two of our Beginner Program graduates!
- * What is the next step for our beginners?
- * Mental Toughness and how it can affect our running.
- * Pace Calculator!
- * A book recommendation.
- * Check the Race Corner for upcoming races!
- * Our favorite shake recipe for a recovery after a hard workout!

[VISIT OUR WEBSITE](#)

[The Beginner Program, You've Reached the Finish: Where to Now?](#)



Okay, so here you are, off the couch and across the finish line of your first 5k! Now, where do you go from here? There is always the couch. You could go back there, but now you are a runner, and runners run! Set a new goal with another 5k, run a longer race, or run for fitness. It's up to you but "The single most important thing to do now is maintain the habit" (Collins) *What to do after Couch to 5k*. [Click here to read more](#)



Paul Felice

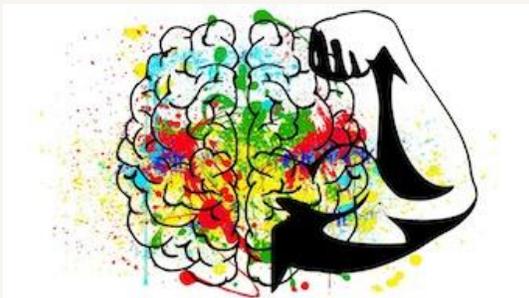
An Interview with Paul Felice

Read about the motivation behind Paul's decision to join the beginner program and what he plans to do next!

[Click here to read more about Paul](#)

Mental Toughness

Read more about Mental Toughness and what we can do to improve our running game by clicking *here*.



Finding the Correct Training Paces is a key factor in seeing improvement! Click *here* to find some pace training calculators.



Kristie Midgley

An Interview with Kristie Midgley

Read about the motivation behind Kristie's decision to join the beginner program and what she plans to do next!

[Click here to read more about Kristie!](#)

Race Corner

- 6/15 New Milford 5K**
- 6/23 Fitzgerald's Lager Run 5K**
- 6/27 Tom Fleming Sunset Classic**
- 8/4 Interclub Challenge**
- 8/18 Midland Avenue Mile**



This memoir by *Katie Arnold* takes us along on the many challenges of a successful



ultramarathon
career.
Book

Recommendation



Peanut Butter and Jelly Smoothie

Protein shakes are a great way to get your day going or to help you recover after a hard workout! Here's a recipe for one of our favs!

[Click here for Peanut Butter and Jelly Smoothie!](#)

Comments or suggestions for our next edition are welcomed at:
communications@njmasters.com

FOLLOW US

