



THREE RIVERS RUNNING COMPANY

2010 Fort-4-Fitness ½-Marathon Class

Are you interested in completing the Fort-4-Fitness ½-Marathon in September 2010 but don't know how to begin training? Or have you completed a ½-marathon in the past but want to improve your time and learn more about endurance training.

Three Rivers Running Company is proud to offer a F4F ½-Marathon Class for individuals who have either never trained for a ½-marathon or have completed a ½-marathon in the past but want advice from experienced coaches and local fitness experts.

The class begins June 24th and ends September 23rd. Class will meet every Thursday at 6:00pm on the IPFW campus. Cost is \$150 per person and includes a technical running shirt, a 14-week ½-marathon training schedule, and training information/lectures. Members also receive a 15% discount on all purchases at TRRC (excluding Garmin and Pepsi products - only 10% discount).

Contact coaching@3riversrunning.com for more information.

Note: the \$150 class fee does not include entry into the F4F race.

*The TRRC F4F ½-Marathon Class
replaces the ½-marathon class formerly
offered by PR Training.*

