



THREE RIVERS RUNNING COMPANY

2011 Fort-4-Fitness 10K Class

Three Rivers Running Company is offering a class for the Fort-4-Fitness 10K event. This is designed to prepare individuals for the 10K race and is a nice transition to the half-marathon distance.

The class begins the week of July 18 and ends September 24 (race day).

- Tuesday's at 6:00pm at the Three Rivers Running Company

Cost

3/1/11 thru 6/15/11 - \$60

6/16/11 thru 7/15/11 - \$75

Class includes a technical running shirt, a 10-week 10K training schedule, and training information/lectures. Class members also receive a 15% discount on all purchases at TRRC (excluding Garmin and Pepsi).

Please note that the class fee does NOT include entry into the F4F.

IPFW staff/faculty/students and Gates Fitness Center members/employees receive a \$10 discount.

Contact coaching@3riversrunning.com for more information.

