



THREE RIVERS RUNNING COMPANY

2011 Fort-4-Fitness Half-Marathon Class

Three Rivers Running Company is once again proud to offer the Fort-4-Fitness Half-Marathon Class for individuals who want to participate in Fort Wayne's largest race and want advice from experienced coaches and local fitness experts.

The class begins the week of June 13 and ends September 24 (race day).

There are two location options:

- Wednesday's at 6:00pm at the Jorgenson YMCA
- Thursday's at 6:00pm at the Gates Fitness Center (IPFW)

Cost

3/1/11 thru 4/15/11 - \$100
4/16/11 thru 6/13/11 - \$120

Class includes a technical running shirt, a 14-week ½-marathon 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.

YMCA members/employees and IPFW staff/faculty/students and Gates Fitness Center members/employees receive a \$20 discount.

Contact coaching@3riversrunning.com for more information.

