



Off to Run

Personal Training

2017- 2018 Shelley Lake Fall/ Winter Running

Learn to Run, Run a 5K, Improve your Run

Keep running this fall & winter. Run when it is warmer and light. Stay accountable. Run 2-4 miles on Wednesday mornings at 11am at Shelley Lake! 2 Wednesday morning runs this fall will be on Mondays because of holiday/scheduling conflicts.

- *Wednesday morning runs starting at 11am and lasting up to one hour. 8 weeks per session. Meet at Shelley Lake – Sertoma Arts Parking Lot*
- *Fall and Winter Session Offered*
*Fall Dates: Wed. Nov 1, **Mon. Nov 6**, Wed. Nov 15, **Mon. Nov 20**, Wed. Nov. 29, Wed. Dec 6, Wed. Dec 13, Wed. Dec 20*
Winter Dates: Jan 3, 10, 17, 24 and 31, Feb 7, 14, 21
- *Small Group Coaching; individual attention*
- *Goal Setting/Training Schedules*
- *Running Information & Tips*
- *Coached by Lou Ann Bakolia, Roadrunners Club of America (RRCA) Certified Running Coach, USA Track and Field (USATF) Certified Running Coach and American College of Sports Medicine (ACSM) Certified Personal Trainer; Insured and Bonded; www.offtorun.com*
- *Fee \$50/Session; \$100 both sessions*
- ***Get \$10 credit if you refer someone new and they register***
- *Email louann@offtorun.com if interested or go to www.offtorun.com and register online or print off a registration form and mail it with a check*