



Off to Run-Raleigh

2017 Fall Evening Run Program
Run a 5k or improve your 5k time and run further



- Monday and Wednesday Evening Runs at 6pm
- Running from local running stores, YMCA, breweries and parks with store discounts
- 2 groups to choose from: Run/Walk and Time Improvement
- Training Dates: August 21 thru October 18, 2017
- Fee for 9 week session \$70
- Program Includes:
 - *Race day tips
 - *2 weekly workouts
 - *Email access to coaches
 - *Warm up/cool down
 - * Tech Shirt
 - *Small Group Coaching; individual attention
- Target Races:
 - *The Triangle Run/Walk for Autism 5K – October 14
 - *GiGi’s Cupcake 5K – October 14
- Coached by Lou Ann Bakolia and Claudia Mello, certified Coaches with Roadrunners Club of America (RRCA), USA Track and Field (USATF) and American College of Sports Medicine (ACSM) credentials; Insured and Bonded; with experienced Mentors www.offtorun.com
- Get \$10 back if you refer someone new and they register
- Email louann@offtorun.com if interested or go to www.offtorun.com and register



- *Store Discounts
- *Running Information & Tips
- *Goal Setting/Training Schedules
- *Drills



- Like/Follow <https://www.facebook.com/offtorunpt/> and stay updated

Informational/Kick-off meeting August 21 6:00pm at Alexander YMCA, 1603 Hillsborough St, Raleigh, NC 27605 NC 27605