



*Off to Run*

*Personal Training*

**2018- 2019 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! We can run the Monday before Thanksgiving if that is better for everyone than Wednesday.***

*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. Oct 31, Wed. Nov 7, Wed. Nov 14, Wed. Nov 21, Wed. Nov. 28, Wed. Dec 5, Wed. Dec 12, Wed. Dec 19*  
*Winter Dates: Jan 2, 9, 16, 23 and 30, Feb 6, 13, 20*
- *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](http://www.offtorun.com)*
- *Fee \$50/Session; \$100 both sessions*
- ***Get \$10 credit if you refer someone new and they register***
- *Email [louann@offtorun.com](mailto:louann@offtorun.com) if interested or go to [www.offtorun.com](http://www.offtorun.com) and register online or print off a registration form and mail it with a check*