



Off to Run- Raleigh

2018 Fall Evening Run Program
Run a 5k or improve your 5k
time and run further



- **Monday and Wednesday Evening Runs at 6pm**
- Running from YMCA, breweries, parks and local running stores with store discounts
- 2 groups to choose from: **Walk/Run** and **Time Improvement**
- **Training Dates: August 27 thru October 17, 2018**
- Fee for 8 week session \$70

- Program Includes:

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| *Race day tips | *Store Discounts |
| *2 weekly workouts | *Running Information & Tips |
| *Email access to coaches | *Goal Setting/Training Schedules |
| *Warm up/cool down | *Drills |
| *Small Group Coaching; individual attention | |



- Target Races:

- *Strides for Speech 5k – October 6
- *Triangle Run/Walk for Autism – October 13



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

Informational/Kick-off meeting and run Monday, August 27 6:00pm at Fleet Feet Sports, 3532 Wade Ave, Raleigh, NC 27607