



Off to Run-Raleigh

2018 Spring 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: **Run/Walk** and **Time Improvement**
- Training Dates: March 12 thru May 16, 2018
- Fee for 10 week session \$70
- Program Includes:
 - *Race day tips
 - *2 weekly workouts
 - *Email access to coaches
 - *Warm up/cool down
 - * Tech Shirt provided by Fleet Feet
 - *Small Group Coaching; individual attention
- Target Races:
 - *Triangle Race for the Cure 5k – May 5
 - *Minuteman 5k and 8k – May 19
- 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 and run Monday,
March 12 6:00pm at Fleet Feet Sports, 3532 Wade Ave,
Raleigh, NC 27607**