

Are you looking for a new health & fitness goal?

Wanting to stay motivated over winter?

Wanting to be more social when you exercise?

Want to improve your training time?

**Then join in!**

**Sunday 26th July @ 9am for the 5km run/walk**

You certainly don't need to be fit as the running group will cater for all levels of fitness. You can walk, run or do a combination.

Included:

All of the running group sessions

Park to Park 5km registration fee

Team Hat & Shirt (while stock lasts)

Fit Facts— Breathing while you run

Running for dummies, hitting your stride

Suggested training guide

**Your investment:**

\$80 all inclusive (join with a friend & only pay \$70 each)

\$50 Running Group only (if you are a Focus Group Participant)

**Running Group Training Sessions:**

Saturday 6th June 7.00am

Tuesday 9th June 11.00am

Saturday 20th June 7.00am

Saturday 4th July—1pm at the track

Saturday 18th July—1pm at the track

Saturday 25th July—11am

Sunday 26th July—Race day

7am sessions: meet in the basement car park

11am sessions: meet at Goodlife

1pm sessions: meet at the Bill Patterson Oval



# PARK TO PARK Running Group

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