

No Boundaries

Fleet Feet's Beginning Running Programs Start August 24th (East side) & August 26th (West side) Fleet Feet Sports is kicking off two sessions of our No Boundaries (also known as Running 101) training group this Fall! No Boundaries is a 12-week training program designed for people of all ages and fitness levels who want to gradually ease into running. Our program incorporates a run/walk technique to allow the body to adapt to new levels of exercise. The atmosphere is supportive, non-competitive and fun. No Boundaries is designed to help you get started running and keep going, show you how to run without feeling out of breath and hurting all over, and how to run safely and efficiently. The goal race for this program is to complete a 5K (3.1 miles) race. No Boundaries is right for you if you: can walk at a brisk pace comfortably for 30 minutes, a few times a week; are pain-free from injury for at least three months; have not been running in the last two months; would like to be able to run/walk three miles; and, want to meet some great people. No Boundaries changes lives; let it change yours. Running 101/No Boundaries Details

- Start: Tuesday (East side), August 24th or Thursday (West side)
 - Meets: Once weekly on Tuesdays (East side), 6-7pm or Thursdays (West side)
 - Where: Various locations on the East or West Side of Tucson
 - Goal race: Everyone Runs 5k 11/14/2010
 - Prerequisite: Walking briskly at least 30 minutes a few times a week and want to start running
 - Cost: \$100 (race entry, tech shirt, educational clinics, experienced coaches, etc.) Space is limited, so register today.
- Print out the registration and personal inventory forms below and/or stop by Fleet Feet to pay your program fee to secure your spot. Please send questions to Jeanne at Jeanne@fleetfeettucson.com or call 886-7800. Registration Form Personal Inventory Form Future Program Dates: Tuesdays/Thursdays: Nov. 30/Dec. 2 - Feb. 20 (YMCA 5K) Tuesdays/Thursdays: March 8/10 - June 4 (Meet Me Downtown 5K)