

Running 201

Fleet Feet's Running 201 or 10K Training Program starts Aug. 2nd Fleet Feet's Running 201 will start a new 16-week session on Monday, August 2nd at 6 p.m. The program targets people who are currently running 2-3 miles, and would like to be able to build to 6-7 miles. The key to building mileage and endurance is to do it gradually, allowing your body to adapt to new levels of impact. The Running 201 program is right for you if you are: § Pain-free from injury for at least three months; can run for 30 minutes (sustained or 30 min of running between walk breaks); § A graduate of the fall Fleet Feet No Boundaries program (not a requirement) § Looking to build your mileage to run/walk six miles by the end of January; § Looking for other people to run with and have fun. Running 201 Details: Start: Monday, August 2nd, 6 p.m. Meets: Once weekly on Mondays, 6-7:15 pm Where: Various locations on the East Side of Tucson Goal race: CatWalk 10K November 6th, 2010

Prerequisite: Run/walk or run at least 30 minutes (2-3 miles) a few times a week and want to build your time and distance running. Cost: \$100 (race entry, tech shirt, additional 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: Mondays: Jan. 17 - May 1 (Cinco De Mayo 10K)