

## **MINI-MARATHON TRAINING SERIES**

Ever wanted to try to run/walk a mini-marathon (13.1 miles)? Are you planning on participating in this year's Indy-Mini? Then come train with our special design group!

### Training Group Benefits:

- Learn proper techniques for distance running/walking
- Tailored coaching and group support
- Lose weight or get in shape
- Train for an upcoming race
- Learn training secrets (hydration, cross training, injury prevention, etc.)

Who: All runners and walkers

What: 12 weeks of mini-marathon training

When: Thursday & Saturday  
February 18-May 8

Time: Thurs 6:30-7:30 am OR 5:30-6:30 pm  
Sat 8:00-10:00 am

Fees: \$25 YM \$50 PM

*Optional Achievement T-shirt: \$10*

Deadline to register: February 1st

Contact: Elizabeth Kreischer ext. 23 or Deena Hamer ext. 28