

BEGINNER RUN GROUP TRAINING

Presented by



7 WEEK program

MONDAYS 5:30 – 6:30 pm

April 12- 24, 2010

Meet at the Salomon Store Whistler

Are you a beginner runner interested in learning about run training, technique, run drills, stretching and strengthening then this is the program for YOU!!

Receive a Weekly Run Schedule to reach your goals!!

****7 week program leading up to the Whistler Valley Trail Run****

****5km, Sunday May 30, 2010****

To register or for more information contact CHRISTINE SUTER

604-932-0788 or christine@c2skymultisport.com

Cost \$65.00 includes WVTR entry!!

\$50.00 Run Clinic

The Salomon store is a sponsor of the WVTR!

Come out and join this fun run group!