

GET READY FOR THE HEART & SOLE 5K



SATURDAY @ 10:00 A.M. AT THE MAC

STARTING JANUARY 30TH

AND ENDING FEBRUARY 20TH (THE DAY OF THE RACE)

PARTICIPANTS WILL TRAIN ONE DAY A WEEK WITH A TRAINER WORKING ON FLEXIBILITY, ENDURANCE, AND STRENGTH TRAINING. YOU WILL ALSO BE GIVEN A 4-WEEK TRAINING PROGRAM YOU CAN FOLLOW EACH DAY OF THE WEEK UNTIL RACE TIME! ALL ATHLETES WELCOME

WHERE: PARTICIPANTS WILL MEET ON THE TRACK AT THE MAC. YOU SHOULD BRING CLOTHES FOR INDOOR AS WELL AS OUTDOOR RUNNING.

COST: MEMBERS/SUPERMEMBERS- \$10/SESSION OR \$25 FOR THE PROGRAM

**NONMEMBERS - \$15/SESSION OR \$40 FOR THE PROGRAM
PARTICIPANTS CAN SIGN UP AT THE FRONT DESK AT THE MAC
OR CONTACT JOE KIK AT 956-8003 EXT. 317.**