



Women's Running Clinic (for budding runners)

Starts January 13th, 2010

Whether you want to get into shape, improve your current fitness level, or simply work on running consistently and taking some time out for yourself, RunBuds is for you! Select from different pace groups, each one progressing throughout the 10-week clinic. Benefit from the camaraderie and energy of your group, and meet new walking and running buddies!

WHO	For women 18 and over interested in achieving fitness in a group atmosphere and having a whole lot of fun! Prerequisite: you must be able to maintain some form of cardiovascular activity for at least 20 minutes (vigorous walking, running, biking, swimming, etc.)
WHAT	A 10-week beginner running clinic to help you comfortably progress to walking or running at a pace that is right for you and achieves your goals. Weekly group walk or run in a pace group that is right for you, and discussions with local experts on training, injury prevention, nutrition, shoes, safety and much more!
WHEN	Wednesdays, 6:15-7:45pm, January 13 - March 17, 2010
WHERE	Meet at Bull City Running Co. Group runs will be on American Tobacco Trail and surrounding neighborhoods.
COST	\$75 for 10-week program Registration is non-refundable; Limited to first 50 participants.
TO SIGN UP	Stop by the store to pick up a registration form, download from www.bullcityrunning.com , or request a registration form by email.
QUESTIONS?	Call Kim at 919-265-3904 or e-mail: bullcityrunning@gmail.com

happy feet, happy run.



transform your sole.