

RUNBUDS

Women's Running Clinic (for budding runners!)

10-week Clinic Starts Jan. 16, 2012

Whether you want to get into shape, learn how to run more efficiently, improve your current fitness level and endurance, 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, learn from local experts, and meet new walking and running buddies!

WHO	For women 18 and over interested in achieving fitness in a group atmosphere, achieving goals, and having 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, core strengthening, and much more!
WHEN	Mondays, 6:15-7:45pm, January 16-March 19, 2012
WHERE	Meet at Bull City Running Co. Group runs will be on American Tobacco Trail and surrounding neighborhoods.
COST	\$100 for new participants; \$75 for RunBuds alumni Registration is non-refundable; Space is limited.
TO SIGN UP	Stop by the store to pick up a registration form or download from www.bullcityrunning.com/events/runbuds/
QUESTIONS?	Call Kim at 919-265-3904 or e-mail: runbuds@gmail.com

HAPPY FEET, HAPPY RUN.



TRANSFORM YOUR SOLE.