

# sound *RUNNER*

*a running store...and more*

## **RUNSTART**

***(soundRUNNER's beginning running program)***

**DATE:** Wednesday's beginning Wednesday, March 16, 2011

**TIME:** 6:30 p.m. – 7:30 p.m.

**COURSE OVERVIEW:** **RUNSTART** offers an introduction into running. This 12-week program meets on Wednesday at 6:30 p.m. in all sound*RUNNER* locations and will focus on a gradual transition from walking to running. The program is designed to give individuals the tools to be a successful runner all the while improving fitness and promoting a healthy lifestyle. The individual “runner” will be provided a training schedule. Class will be held on Wednesday by coaches that will supply you with tools to become a successful “runner.”

Mark your calendar now for the graduation run: Branford Road Race, Sunday, June 19, 2011.

**PREREQUISITE:** This class is designed for individuals who can currently walk briskly for 30 minutes. Additionally, you should be in good physical health and have the approval and support of your doctor.

**FEE:** \$150.00

**CLASS STRUCTURE:** Class size is limited reserve your spot early.

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