

## FAST TRACKS RUNNING



VALLEY FORGE, PA

## Beginner Distance Training Group Broad Street 10 Miler Sunday May 2, 2010

- WHO:** Runners of all abilities, it doesn't matter how slow or fast you run.
- WHAT:** Beginner Distance Training Group
- WHEN:** Starts Saturday February 6th, 8:00am
- WHERE:** Betzwood Parking Area Valley Forge Park
- WHY:** Perhaps you've never run more than a few miles and would like to go a little further

We will provide you with a training schedule and help you understand the various aspects of distance running

- Appropriate clothing for all seasons (ie what to wear when it's cold...)
- Shoes
- The Principles of Training
- Hydration and electrolytes
- Nutrition
- Stretching
- Strength training
- Pacing
- Improving your speed

Come out and join us,we look forward to running with you!

Please respond with your full name and contact information to the email below.

Harry & Andi  
Fast Tracks Running  
Training Group Coordinators

[himmer2003@yahoo.com](mailto:himmer2003@yahoo.com)

