



Rock'n'Roll Philadelphia ½ Marathon and ...

You're already a runner and ready for a new challenge.
Come and train with us for a half marathon or your first marathon.

September 19th- Rock'n'Roll Philadelphia ½ Marathon

November 21st- Philadelphia Marathon

**Join the Fast Tracks Running Club and become part of the
Philly 1/2 & More Training Group**

The training program includes:

- Introduction to distance running seminar
- Training schedules
- Guidance on training, hydration, speed etc
- Group runs on Saturday mornings
- Optional speed workouts
- Some fun runs

Fast Tracks is a very supportive and friendly club with runners of all abilities.

We'd love to run with you!

Come to the introductory meeting at: **The Running Place, 3548 W Chester Pike, Newtown Square, PA 19073 at 7:00 p.m. on June 3rd**

To join the program send an email with the distance you'd like to train for and the miles you are running per week to: hrimmer2003@yahoo.com

*The club membership fee is \$15.00 per year. There's no charge for the training program.

SPONSORED BY:



**FastTracks
Running Club**

