

RUN THE OK RUNNER WAY!

FALL TRAINING PROGRAM FOR ALL DISTANCES, 5K TO MARATHON

WITH COACHING BY VETERAN COACH AND MARATHONER, MARK BRAVO

We welcome **ALL ABILITIES, ALL ATHLETES**, first-timers and veterans alike!

PLUS: YOGA and CORE-FOCUSED DYNAMICS to stay resistant to injury

Up to 16 focused weeks to:

- LEARN healthy training habits!
- IMPROVE your race-day preparation!
- TRAIN with like-minded athletes and experienced coaches!

INFO SESSION: Tuesday, July 30th

First meet-up: Tuesday, August 3rd

5K - 15K: \$99 \$89*

½ / Full Marathon: ~~\$129~~ \$119*

* EARLY BIRD SPECIAL, expires on AUGUST 3RD (first day of training)

All-inclusive fee includes:

- Personalized coaching tailored to YOU
- Group runs, workouts, and info sessions
- Exclusive OK RUNNER technical t-shirt
- 10% off in-store for duration of program

PHONE: _____

BIRTH DATE: _____

NAME: _____

EMAIL: _____

T-SHIRT SIZE: S M L XL XXL

I understand that I am responsible for my personal safety on group runs, and will abide by the rules set forth by coaches.

x _____