



**IF YOU WANT TO
CHANGE YOUR BODY,
EXERCISE.**

**IF YOU WANT TO
CHANGE YOUR LIFE,
BECOME A RUNNER.**



What you can expect:

- Runners of all levels welcome!
- PERFECT for "First" 5K training!
- Weekly runs in a safe and fun environment
- Nutritional tips to help make the most out of your training
- Strength training and conditioning
- "Do's & Don'ts" for every runner
- Participation in local 5K races as a team (optional)
- Tech Shirt included with registration

Meet: Friday and Saturday mornings 9AM

At Gring's Mill, Wyomissing HS Track, Wyomissing Trail System

(participants notified weekly) or Colonial Fitness Center, weather pending.

Member Registration Fee: \$40/year

Non-Member Registration Fee: \$80/year

Our Mission:

To encourage runners of all abilities to work together in a friendly team environment; to compete in events/races together and inspire each other to reach their personal goals.

Club will meet for weekly runs, receive technique and nutrition tips specific to running and/or competing. From the beginner to the avid runner, our club will promote the camaraderie and confidence needed to achieve your personal best.

Lead Coaches: Maria Neff: Certified Personal Trainer and Certified Running Inst.

Email: mneff@chbsports.com

Kay Kelly: Certified Cycle Instructor and Running Instructor