

ABOUT THE COACHES

Susan Pajer, MS, CPT, Founding partner of ForeRunnerFitness, certified personal trainer and running coach. Her innovative training programs have taken thousands of everyday people and transformed them into runners from the 5K to the marathon distance. Susan and her runners have been featured in Runner's World Magazine, The Philadelphia Inquirer, CBS3 and NBC10 local newscasts.

susan@forerunnerfitness.com

Dave Gehman, RRCA, A lifetime runner who has been providing running expertise and coaching knowledge for more than 10 years. Dave's passionate, inspiring presence has helped many runners reach their hidden potential. His unique ability to see things from a new or seasoned runner's perspective and his empathetic style offer runners an excellent formula for success.

dave@forerunnerfitness.com

David Pajer, Co-owner of a specialty running store for 18 years. He has raced the Boston Marathon and Ironman Triathlon. His vast knowledge of running techniques will add variety to your training experience.

david@forerunnerfitness.com

Valerie Maugle, Is a teacher at heart. Her teaching background and passion for running create a wicked combination of technique and insight.

valerie@forerunnerfitness.com

CLASSES INCLUDE

Group Running (Doylestown Area)

Weekly group running workout with ForeRunner staff and classmates. Includes tons of information and techniques to enhance your running experience. We will guide you through this high quality workout.

Classes are about 1 hour long.

Running E-coaching

Weekly detailed running schedule designed for each goal event.

Strength Training E-coaching

This is the "core" of the program. Strength training schedule is designed to optimize your running.

Store Discount/Professional Fitting

10% discount on running gear at Training Zone Sports. This is in addition to already great prices and a 4% Cash back program.

Bring in your current running shoes for analysis of your running gait.

FORERUNNERFITNESS

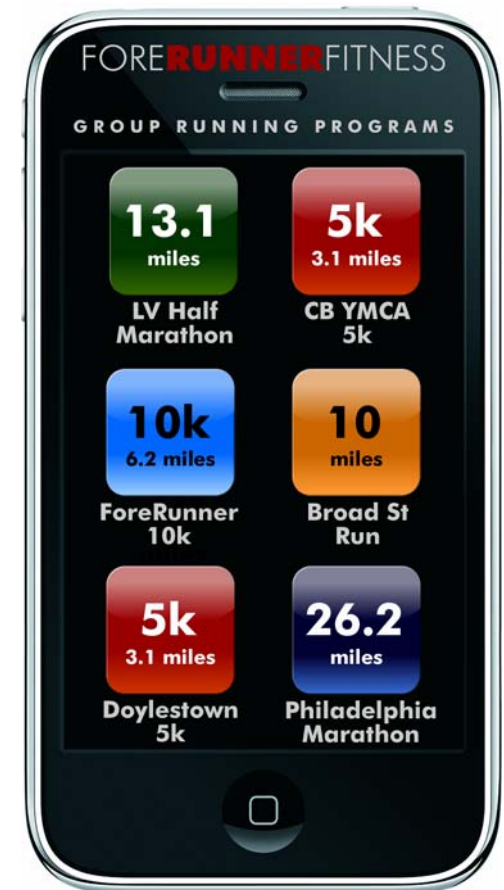
.com

At
TRAINING**ZONE** SPORTS
807 N. Easton Rd
Doylestown, PA 18902
(Barnaby's Plaza, Suite 108)
215-348-1509
www.TZSPORTS.com

2009

GROUP RUNNING PROGRAMS

*Endurance comes in
all distances...
FIND YOURS*



16 Classes to Choose From

RUNNING PROGRAMS



(8 wks)

CB Family YMCA 5k (sat Jan 24th 9:00am)
 Doylestown 5k (Mar 31st 6:30pm)
 Chalfont Challenge 5k (Apr 18th 9:00am)
 Ivyland 5k AM (Jun 23rd 9:00am)
 Ivyland 5k PM (Jun 23rd 6:30pm)
 Del-Val XC 5k (Sep 15th 6:30pm)



(8 wks)

ForeRunner 10k (May 12th 6:30pm)
 Dove 10k (Jul 28th 6:30pm)



(10 wks)

Broad Street AM (Feb 24th 9:00am)
 Broad Street PM (Feb 24th 6:30pm)



(10-12 wks)

LV 1/2 Marathon AM (Feb 24th 9:00am)
 LV 1/2 Marathon PM (Feb 24th 6:30pm)
 PDR 1/2 Marathon (Jul 7th 6:30pm)
 Philly 1/2 Marathon (Sep 1st 6:30pm)



(20 wks)

Philadelphia Marathon (Jul 7th 6:30pm)



(per month)

Based on your event (6:30pm)

HOW TO SIGN-UP

In store: Training Zone Sports
 (credit cards and checks)

At the Class: (Checks only) registration will be accepted for the first few weeks of each class.

Checks payable to: ForeRunnerFitness

CIRCLE CLASS CHOICE

Start	Goal Event & Event Date	Fee
1/24	CB Family YMCA 5k AM on 3/22	\$65
2/24	Broad Street AM on 5/3	\$95
2/24	Broad Street PM on 5/3	\$95
2/24	LV 1/2 Marathon AM on 5/3	\$95
2/24	LV 1/2 Marathon PM on 5/3	\$95
3/31	Doylestown 5k on 5/23	\$65
4/18	Chalfont Challenge 5k on 6/6 (Keepin-it-going Class)	\$65
5/12	ForeRunner 10k est. 6/28	\$90
6/23	Ivyland 5k AM est. 8/22	\$65
6/23	Ivyland 5k PM est. 8/22	\$65
7/7	PDR 1/2 Marathon on 9/20	\$95
7/7	Philadelphia Marathon on 11/22	\$125
7/28	Dove 10k on est. 9/20	\$90
9/1	Philadelphia 1/2 Marathon on 11/22	\$95
9/15	Del-Val XC 5k est. 11/7	\$65
Feb-Nov	Season Pass (per/month)	\$50

Note: Race fee not included, must be 14 years or older.

Class Locations: Check our website for class locations (all classes in Doylestown area)
www.FORERUNNERFITNESS.com

Name	
Birthday	<input type="checkbox"/> Female <input type="checkbox"/> Male
Phone	
E-mail	
Street 1	
Street 2	
City	
State	Zip
I know that running is a potentially hazardous activity. I should not enter a running program unless I am medically able and have consulted with a physician. I acknowledge that falls, contact with participants, the effects of weather, including high heat and/or humidity, the conditions of the track and/or road, traffic on the course, are all risks being known and appreciated by me. Having read this waiver and knowing these facts, and the consideration of my being accepted into the running program. I for myself and anyone entitled to act on my behalf, waive and release Forerunner Fitness, Training Zone Sports, Doylestown Township, program volunteers, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these activities even though that liability may arise out of negligence of persons named in this waiver.	
Signature	
Date	