

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

FORERUNNERFITNESS

.com

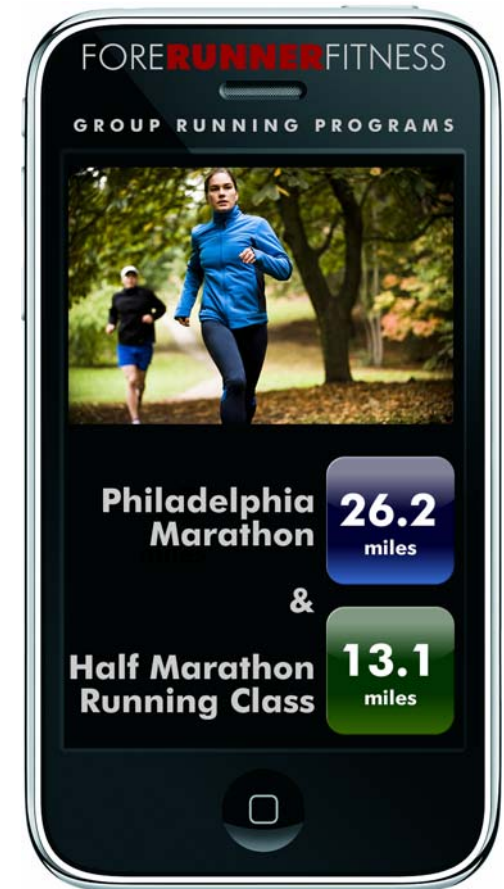
At
TRAININGZONE SPORTS

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

2010

GROUP RUNNING PROGRAMS

**HAVE YOU EVER
WANTED TO RUN A
MARATHON?**



Starts week of June 19th

PHILLY MARATHON RUN CLASSES

CLASS INCLUDE

Group Running Workouts

Bi-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 goal event.

Class Blog

Keep up-to-date with meetings and runs

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 your running gear at Training Zone Sports for the entire year! This is in addition to already great prices and a 4% Cash back program. Note: Bring in your current running shoes for analysis of your running gait.

CLASS INFO

Starts: Week of June 19, 2010

Time: TBA

Location: Forbidden Drive, Fairmount Park

Goal Date: November 21, 2010

Class Length: 22 weeks

Requirements: Able to run 4-5 miles comfortably

Fee: \$120

HOW TO SIGN-UP

In store: (Checks only) Training Zone Sports

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

Checks payable to: ForeRunnerFitness

Mail to: ForeRunnerFitness
807 N. Easton Rd., Ste 108
Doylestown, PA 18902

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

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, 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	