

OUR COACHES

Dave Gehman, RRCA, A lifetime runner who has been providing running expertise and coaching knowledge for more than 13 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 20 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

WHY CHOOSE A FR CLASS

It's more than our extensive knowledge. You know how foods just taste better when someone else does the cooking. Some people just have a knack for savory dishes that are nutritionally balanced. Well it's the same with your fitness. Sure you hear tons of running info from friends, and the internet is filled with ideas of how to become a fit runner. But to be your best you need an objective eye that will keep you moving forward, we all do.

FR BUILDING BLOCKS

Strength & Flexibility
Pacing
Speed & Power
Peaking

FR AREAS OF FOCUS

Stride Rate
Stride Length
Stride Endurance

OPTIONS & FEES

Checks only payable to:
ForeRunnerFitness

Class Code	2012 Programs	Fee
S1	Group- Semester 1 – (Feb 21 - Apr 24)	\$95
S2	Group- Semester 2 – (May 8 - Jul 10)	\$95
S3	Group- Semester 2 – (Jul 24 - Oct 9)	\$95
CG	Custom Group – (any 10 week period)	\$95
I1	Individual Coaching Session – 1 hour	\$48
I3	Individual Coaching Package – 3x 1 hour	\$125
P1	Personal Run Coaching – monthly	\$189
P2	Personal Run Coaching – Bi-monthly	\$95
E1	E-Coaching – monthly	\$65

Note: Must be 14 years or older.

FORERUNNERFITNESS

.com

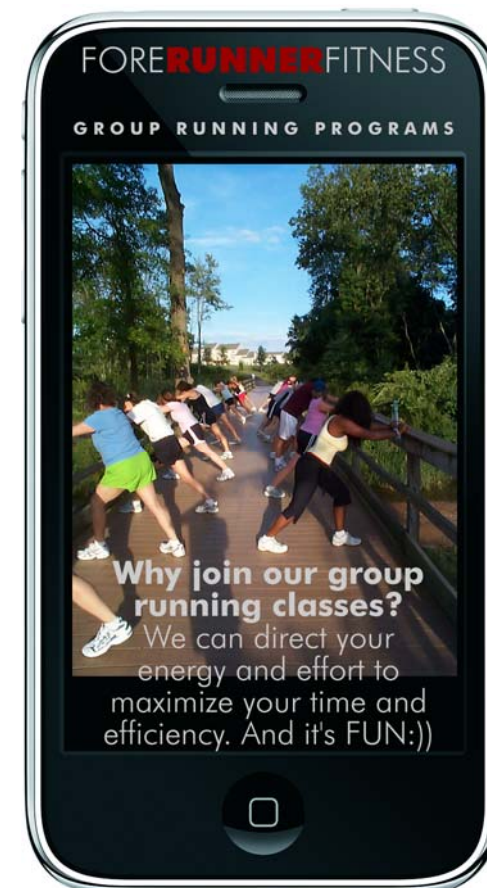
P.O. Box 321
Doylestown, PA 18901

2012

RUNNING PROGRAMS

Group Training
Individual Tune Ups
Personal Run Coach
e-Coaching

GET IN THE BEST SHAPE
OF YOUR LIFE



RUNNING PROGRAMS

JOIN A GROUP

Group running classes can be used to address any number of the following items: Preparations for an event, increasing your running fitness, socialize with a like minded group, meet running buddies, loose weight, stay in shape, get faster, etc...

Group Running Class

10 week session (\$95.00 ea) This class is for the person that wants to be part of a group training atmosphere that will keep them tuned-in and connected to other people with similar goals. Includes daily secure on-line workout schedule, weekly group workout, running form review, and all the tips, tricks and strategies to be a fit runner.

Custom Group Classes

Available (12 people min) call for details

INDIVIDUAL TUNE UPS

Individual Coaching Session – 1 hour session (\$48.00 ea) We will evaluate the following categories and work up a pro active strategy to enable you to be a better runner: Injury history, goals, fitness level, strengths, weaknesses, stride rate, flexibility, balance, and strength.

Individual Coaching Package - Three (1 hour) individual sessions to be completed within 8 weeks (\$125.00).

PERSONAL COACHING

Personal Run coaching is an ongoing one-on-one personal coaching strategy (your own personal run coach). Our FR coach can sculpt small changes that result in big fitness gains. We use every tool available for this option.

Personal Run Coaching – monthly rate (\$189.00) 4 individual sessions per month, plus can join in any class

Personal Run Coaching – Bi-monthly rate (\$95.00) 2 individual sessions per month, plus can join in any class.

E-COACHING

E-Coaching

Weekly detailed schedule outlining all your strength training and running workouts.

ALL PROGRAMS INCLUDE

Interactive Website

24-7 access to our secured on-line running community where you can share your successes, chat with other classmates, get motivated, and keep up to date on ways to stay healthy and fit.

Partner Discounts

ForeRunnerFitness has hand picks like minded businesses that support your efforts to get in the best shape of your life. Excellent customer service and great prices too!

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 severe cold, 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, Doylestown Township, program volunteers, and all sponsors and partners, 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	