



Beginner Gazelles 2010

The fastest gazelles in the wild start with slow, uncertain steps. Just like true gazelles, the fastest runners must also start out on a solid, steady course to perfection. Classes focus on mastering the running fundamentals required to kick start your running prowess. Gilbert Tuhabonye's coaching staff will introduce drills and other techniques to put you on the fast track, focusing on the biomechanics, strength & endurance which form the basis for the Gazelles™ training program. Gilbert believes that by transforming an athlete's biomechanics, running becomes a joy and the likelihood of injury is significantly limited. Gilbert brings his running and life experience to the training in an educational & inspiring format that stresses his love and commitment to the sport. Join other beginners as we pursue the joy of a healthy running lifestyle. Classes meet Monday and Wednesday. Participants have the option of choosing between a morning or evening time slot: 6:00-7:00am or 5:30-6:30pm. Each Saturday the group meets for a long run with a bonus stretching session.

START DATE: First Monday of each month

LENGTH: Two months start, one month recurring

FREQUENCY: M/W 6:00 am or 5:30 p.m.; ALL Saturdays 7:00am

COST: \$140 first 2 months, \$75 recurring

LOCATION: RunTex Riverside, 422 W. Riverside Dr.

****INFORMATION SESSIONS 4TH SATURDAY OF EVERY MONTH AT RUNTEX ****

Highlights

- Monthly programs
- 3 groups meetings per week with bonus stretching session on Saturdays
- Customized training calendar tailored to your needs and ability
- 15% discount at all RunTex locations
- 4 Free Boot Camp classes per week
- On-site physical therapists
- Members-only section of website includes training videos from Gilbert