



Friendly Gazelles 2010

Come join other friendly runners for this training program that focuses on the biomechanics, strength & endurance which form the basis for the Gazelles training program philosophies while enjoying a laid back atmosphere with less intensity. Gilbert Tuhabonye 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. There are currently two opportunities for classes: M/W 7:30 and 9:15 a.m. Each Saturday the group meets for a long run with a bonus stretching session afterwards.

START DATE: First Monday of each month

LENGTH: Two months at start, one month recurring

FREQUENCY: M/W 7:30 or 9:15 am

ALL - Saturdays 7:00am

COST: \$140 for 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
- 3 Free Boot Camp classes per week
- On-site physical therapists
- Members only website section including training videos from Gilbert