



Houston/Austin/Phoenix
(or other January and February Events)
**2011 MARATHON/HALF MARATHON
TRAINING GROUP**

Are you running your first marathon? Trying to qualify for Boston? Want to improve? Join Austin's legendary training group for marathon training the Gazelles™ way. Over the past seven years, hundreds of Gazelles have run up and down the hills of Austin to train and race in one the top-25 largest races in the United States. You'll train under former NCAA champion and world renowned running coach Gilbert Tuhabonye and his team of assistants in an exciting group dynamic where you'll gain a broad understanding of training philosophy, race strategy, nutrition and more. In 2009 Gilbert finished 2nd overall at the Austin Marathon, and in 2010 he finished 4th. Other coaches include Bernard Manirakiza ('09 Half Marathon Champion) and Michael Madison ('10 Top-20). Gazelle workouts include hills, circuit training, core training, intervals, tempos, fartlek, pace and long runs.

START DATE: September 6th/7th, 2010
CLASS OPTIONS: M/W - 5:45, 7:30, 9:15 a.m. OR
T/Th - 5:30 p.m.
ALL - Saturdays at 6:00am
COST: \$275 (\$225 for returning Gazelles)
LOCATION: RunTex Riverside, 422 W. Riverside Dr.

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

HIGHLIGHTS:

- Customized training calendar tailored to your needs
- 15% discount at all RunTex locations
- 5 Free Boot Camp/Core Classes per week, Indoor Workout Facility
- On-site physical therapists
- Video Analysis of your running form
- Bonus stretching on Saturdays
- Online forum, videos, Gazelle gear

Questions? Email info@gilbertsgazelles.com or call 512.589.1310.