



Gilbert's Gazelles™ 2010

This training program focuses on biomechanics, strength, and endurance and is geared to all levels of runners. The coach for this program is former NCAA All-American and world-class runner Gilbert Tuhabonye, who 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 and inspiring format that stresses his love and commitment to the sport. Sessions take place each Tuesday and Thursday. Currently, only the evening time slot of 5:30-6:30 p.m. (class meets at 5:15 during Daylight Savings period) is available unless given special permission to attend the class at 5:45 a.m. Each Saturday the group meets for a long run with a bonus stretching session afterwards.

START DATE: First Tuesday of each month

LENGTH: Two months start, one month recurring

FREQUENCY: T/TH at 5:45 a.m. or 5:30 p.m.
ALL Saturdays 6:00 a.m.

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 website section includes training videos from Gilbert