



Saturday Long Runs 2010

For those who want to take a break from the weekly training but still keep up their base mileage on the long runs – this program is for you! Each Saturday hundreds of Gazelles hit the roads going all different distances. Join us as we help you through the spring and summer months as you maintain leading up to your marathon. Or maybe you don't want to train but want to run for the social aspect! Depending on distance, groups start between 6 and 7 a.m. each Saturday. Full service water stops featuring ice cold water and Gatorade are placed every 2 to 2.5 miles which means you don't need to carry a water bottle, and after each run a 45 minute stretching session is held to get you loose and limber for the weekend. Some Saturdays also include running form drills led by Gilbert.

START DATE: First Saturday of each month

LENGTH: One Month

FREQUENCY: Saturdays between 6 – 7 a.m.

COST: \$30/month

LOCATION: RunTex Riverside, 422 W. Riverside Dr.

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

Highlights

- Customized long run schedule
- Bonus 45 minute stretching session after run
- Full service stops on run with water and Gatorade
- 15% discount at all RunTex locations
- Running form drills led by Gilbert
- On-site physical therapists