



WellWorX Running Club 2008: Train Hard. Run Well. Have Fun!



Have you wanted to train for a race, but you haven't known where to start, where to turn for advice and guidance, and how to find buddies to run with you?

Now's your chance to see what you're made of.

Join Team WellWorX as we take a rewarding and challenging journey to run or run/walk the St. Jude Half-Marathon, Marathon, or Grizzlies House 5K!

The training plan starts in September and includes group easy runs, mid-week workouts, long runs on Saturdays, monthly workshops and seminars, the use of a workout reminder service, fluids and fuel, T-shirts, and (of course) fun!

Running has many benefits, including weight loss, improved cardiovascular function, and better endurance. Running for St. Jude has many more benefits, including the knowledge that your hard work is helping not just you, but a great and important Memphis institution that has saved many, many lives!

Questions and Answers ...



- **Do I need running experience?**

If you're training for the half-marathon (13.1 miles) or 5K (3.1 miles), no experience is necessary! Marathoners should have built up base mileage of at least 15 miles per week and be able to run or run/walk for 1 hour (or 6 miles) without stopping.

- **I'm worried about injuries. Is it safe to run?**

You should consult your doctor before taking on any exercise program. The training plans are adaptable, and your coaches will help you make any adjustments necessary.

- **What's the schedule like?**

We'll provide you with a detailed workout schedule for the three months leading up to the St. Jude races on December 6th. Group runs are scheduled on Mondays, group workouts on Wednesdays, and long group runs on Saturdays. If you can't join us for one of the workouts, then you've got your schedule so you can keep up on your own!

- **What's the pricing?**

WellWorX members can participate in the three-month training program for \$150, or \$50 per month. Non-members can participate for \$200.

More questions? We're hosting information meetings on Saturday August 23rd at 10:00 AM, and Wednesday August 27th at 5:30 PM. If you can't make one of them or have any other questions, contact Erika Boyd at erkianboyd@yahoo.com, or Kendra Cox at kendra@wellworx.com.